



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hille, Helmut

Total time: 1:49:02

Number: 280

Speed: 9.91 km/h

Running performance: 5:53 min/km

Course: 18.50 km

Rank in course/Total: 87 (of 116)

Lange Strecke

Rank in course/Men: 74 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 1(of 1)

Senioren M70 (70-74)

Best time in the category: 1:49:02

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 9.30 | 52:37 | 5:39 | 1 | - | 71 | 19:52 | 9.30 | 52:37 | 5:39 | 1 | - | 71 | 19:52 |
| Runde | 9.00 | 55:18 | 6:08 | 1 | - | 74 | 22:19 | 18.30 | 1:47:55 | 5:53 | 1 | - | 74 | 42:11 |
| Finish | 0.20 | 1:07 | 5:34 | 1 | - | 83 | 0:28 | 18.50 | 1:49:02 | 5:53 | 1 | - | 74 | 42:39 |