



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Wolter, Steffen

Number: 338

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59)

Total time: 1:50:02

Speed: 9.82 km/h
 Running performance: 5:57 min/km

Rank in course/Total: 88 (of 116)

Rank in course/Men: 75 (of 94)

Best time in course: 1:06:23

Rank in category: 8(of 11)

Best time in the category: 1:20:36

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	53:26	5:44	9	12:43	76	20:41	9.30	53:26	5:44	9	12:43	76	20:41
Runde	9.00	55:39	6:11	8	16:31	77	22:40	18.30	1:49:05	5:57	8	29:14	75	43:21
Finish	0.20	0:57	4:44	7	0:12	65	0:18	18.50	1:50:02	5:56	8	29:26	75	43:39