



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Maurer, Mirko

Total time: 1:50:36

Number: 301

Speed: 9.76 km/h

Running performance: 5:59 min/km

Course: 18.50 km

Rank in course/Total: 89 (of 116)

Lange Strecke

Rank in course/Men: 76 (of 94)

Category:

Best time in course: 1:06:23

Senioren M40 (40-44)

Rank in category: 19(of 23)

Best time in the category: 1:11:23

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	54:13	5:49	20	19:55	80	21:28	9.30	54:13	5:49	20	19:55	80	21:28
Runde	9.00	55:18	6:08	18	19:48	74	22:19	18.30	1:49:31	5:59	19	38:50	76	43:47
Finish	0.20	1:05	5:24	19	0:26	80	0:26	18.50	1:50:36	5:58	19	39:13	76	44:13