



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Horn, Christian

Club: HORN To Run  
 Number: 284

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34)

Total time: 1:51:12

Speed: 9.71 km/h  
 Running performance: 6:01 min/km

Rank in course/Total: 92 (of 116)

Rank in course/Men: 77 (of 94)

Best time in course: 1:06:23

Rank in category: 5(of 7)

Best time in the category: 1:15:23

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	55:22	5:57	5	17:57	84	22:37	9.30	55:22	5:57	5	17:57	84	22:37
Runde	9.00	54:55	6:06	5	17:39	73	21:56	18.30	1:50:17	6:01	5	35:36	77	44:33
Finish	0.20	0:55	4:34	4	0:13	57	0:16	18.50	1:51:12	6:00	5	35:49	77	44:49