



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hempel, Matthias

Club: Südthüringentriail e.V.
 Number: 277

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54)

Total time: 1:51:43

Speed: 9.94 km/h
 Running performance: 6:02 min/km

Rank in course/Total: 93 (of 116)

Rank in course/Men: 78 (of 94)

Best time in course: 1:06:23

Rank in category: 17(of 19)

Best time in the category: 1:14:41

| 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 | 53:18 | 5:43 | 16 | 16:37 | 73 | 20:33 | 9.30 | 53:18 | 5:43 | 16 | 16:37 | 73 | 20:33 |
| Runde | 9.00 | 57:26 | 6:22 | 17 | 20:08 | 79 | 24:27 | 18.30 | 1:50:44 | 6:03 | 17 | 36:45 | 78 | 45:00 |
| Finish | 0.20 | 0:59 | 4:54 | 16 | 0:17 | 71 | 0:20 | 18.50 | 1:51:43 | 6:02 | 17 | 37:02 | 78 | 45:20 |