



18. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hempel, Matthias

Club: Südthuringentrail e.V.
Number: 277

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54)

Total time: 1:51:43

Speed: 9.67 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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