



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Simon, Boymann

Total time: 1:52:26

Number: 324

Speed: 9.61 km/h

Running performance: 6:05 min/km

Course: 18.50 km

Rank in course/Total: 97 (of 116)

Lange Strecke

Rank in course/Men: 79 (of 94)

Category:

Best time in course: 1:06:23

Senioren M45 (45-49)

Rank in category: 10(of 10)

Best time in the category: 1:18:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	56:07	6:02	10	18:16	85	23:22	9.30	56:07	6:02	10	18:16	85	23:22
Runde	9.00	55:19	6:08	10	16:49	76	22:20	18.30	1:51:26	6:05	10	34:00	79	45:42
Finish	0.20	1:00	5:00	10	0:21	75	0:21	18.50	1:52:26	6:04	10	34:13	79	46:03