



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lesser, Holger

Total time: 1:54:28

Number: 293

Speed: 9.44 km/h

Running performance: 6:11 min/km

Course: 18.50 km

Rank in course/Total: 99 (of 116)

Lange Strecke

Rank in course/Men: 81 (of 94)

Category:

Best time in course: 1:06:23

Senioren M60 (60-64)

Rank in category: 4(of 5)

Best time in the category: 1:27:52

| 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 | 54:59 | 5:54 | 4 | 11:05 | 82 | 22:14 | 9.30 | 54:59 | 5:54 | 4 | 11:05 | 82 | 22:14 |
| Runde | 9.00 | 58:19 | 6:28 | 4 | 15:11 | 81 | 25:20 | 18.30 | 1:53:18 | 6:11 | 4 | 26:16 | 81 | 47:34 |
| Finish | 0.20 | 1:10 | 5:49 | 4 | 0:21 | 89 | 0:31 | 18.50 | 1:54:28 | 6:11 | 4 | 26:36 | 81 | 48:05 |