



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lödel, Renè

Number: 295

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39)

Total time: 1:55:33

Speed: 9.35 km/h

Running performance: 6:15 min/km

Rank in course/Total: 101 (of 116)

Rank in course/Men: 82 (of 94)

Best time in course: 1:06:23

Rank in category: 11(of 11)

Best time in the category: 1:06:23

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	55:04	5:55	11	22:19	83	22:19	9.30	55:04	5:55	11	22:19	83	22:19
Runde	9.00	59:29	6:36	11	26:30	85	26:30	18.30	1:54:33	6:15	11	48:49	82	48:49
Finish	0.20	1:00	5:00	10	0:21	75	0:21	18.50	1:55:33	6:14	11	49:10	82	49:10