



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Münch, Dirk

Club: Kulkiflitzer Leipzig
 Number: 368

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54)

Total time: 1:56:38

Speed: 9.26 km/h
 Running performance: 6:18 min/km

Rank in course/Total: 103 (of 116)

Rank in course/Men: 83 (of 94)

Best time in course: 1:06:23

Rank in category: 18(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.	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	57:26	6:10	18	20:45	86	24:41	9.30	57:26	6:10	18	20:45	86	24:41
Runde	9.00	58:22	6:29	18	21:04	82	25:23	18.30	1:55:48	6:19	18	41:49	84	50:04
Finish	0.20	0:50	4:10	4	0:08	31	0:11	18.50	1:56:38	6:18	18	41:57	83	50:15