



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Ackermann, Jens

Club: LG Wasungen
 Number: 364

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59)

Total time: 2:00:11

Speed: 8.99 km/h
 Running performance: 6:30 min/km

Rank in course/Total: 106 (of 116)

Rank in course/Men: 86 (of 94)

Best time in course: 1:06:23

Rank in category: 10(of 11)

Best time in the category: 1:20:36

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	59:46	6:25	11	19:03	90	27:01	9.30	59:46	6:25	11	19:03	90	27:01
Runde	9.00	59:16	6:35	10	20:08	84	26:17	18.30	1:59:02	6:30	10	39:11	86	53:18
Finish	0.20	1:09	5:44	9	0:24	86	0:30	18.50	2:00:11	6:29	10	39:35	86	53:48