



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kahl, Stefan

Club: Halle (Saale)
 Number: 353

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34)

Total time: 2:00:37

Speed: 9.20 km/h
 Running performance: 6:31 min/km

Rank in course/Total: 107 (of 116)

Rank in course/Men: 87 (of 94)

Best time in course: 1:06:23

Rank in category: 6(of 7)

Best time in the category: 1:15:23

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	58:54	6:19	6	21:29	87	26:09	9.30	58:54	6:19	6	21:29	87	26:09
Runde	9.00	1:00:34	6:43	6	23:18	86	27:35	18.30	1:59:28	6:31	6	44:47	87	53:44
Finish	0.20	1:09	5:44	7	0:27	86	0:30	18.50	2:00:37	6:31	6	45:14	87	54:14