



18. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Keller, Robin

Club: FC Carl Zeiss Jena  
 Number: 287

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M30 (30-34)

Total time: 2:07:30

Speed: 8.47 km/h  
 Running performance: 6:53 min/km

Rank in course/Total: 112 (of 116)

Rank in course/Men: 90 (of 94)

Best time in course: 1:06:23

Rank in category: 7(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	1:02:32	6:43	7	25:07	91	29:47	9.30	1:02:32	6:43	7	25:07	91	29:47
Runde	9.00	1:03:51	7:05	7	26:35	89	30:52	18.30	2:06:23	6:54	7	51:42	89	1:00:39
Finish	0.20	1:07	5:34	6	0:25	83	0:28	18.50	2:07:30	6:53	7	52:07	90	1:01:07