



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Harnack, Maik

Number: 273

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44)

Total time: 2:07:30

Speed: 8.71 km/h
 Running performance: 6:53 min/km

Rank in course/Total: 113 (of 116)

Rank in course/Men: 90 (of 94)

Best time in course: 1:06:23

Rank in category: 22(of 23)

Best time in the category: 1:11:23

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	22	28:14	91	29:47	9.30	1:02:32	6:43	22	28:14	91	29:47
Runde	9.00	1:03:51	7:05	21	28:21	89	30:52	18.30	2:06:23	6:54	21	55:42	89	1:00:39
Finish	0.20	1:07	5:34	22	0:28	83	0:28	18.50	2:07:30	6:53	22	56:07	90	1:01:07