



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Berwing, Dieter

Number: 371

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64)

Total time: 2:21:56

Speed: 7.61 km/h
 Running performance: 7:40 min/km

Rank in course/Total: 114 (of 116)

Rank in course/Men: 92 (of 94)

Best time in course: 1:06:23

Rank in category: 5(of 5)

Best time in the category: 1:27:52

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	1:10:03	7:31	5	26:09	94	37:18	9.30	1:10:03	7:31	5	26:09	94	37:18
Runde	9.00	1:10:41	7:51	5	27:33	92	37:42	18.30	2:20:44	7:41	5	53:42	92	1:15:00
Finish	0.20	1:12	5:59	5	0:23	90	0:33	18.50	2:21:56	7:40	5	54:04	92	1:15:33