



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Freitag, Roman

Total time: 1:08:53

Club: GutsMuths-Rennsteiglaufverein / Trailrunning  
 Number: 290

Speed: 16.11 km/h

Running performance: 3:43 min/km

Course: 18.50 km

Rank in course/Total: 3 (of 75)

Lange Strecke

Rank in course/Men: 3 (of 57)

Best time in course: 59:36

Category:

Rank in category: 2(of 6)

Senioren M35 (35-39 Jahre)

Best time in the category: 59:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	34:03	3:39	2	4:08	3	4:08	9.30	34:03	3:39	2	4:08	3	4:08
Runde	9.00	34:10	3:47	2	5:03	3	5:03	18.30	1:08:13	3:43	2	9:11	3	9:11
Finish	0.20	0:40	3:19	2	0:06	4	0:06	18.50	1:08:53	3:43	2	9:17	3	9:17