



17. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 16.04.2022

### Detailed evaluation

**Herzer, Stefan**

Club: WSV Ilmenau  
Number: 297

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:08:24

Speed: 15.79 km/h  
Running performance: 3:42 min/km

Rank in course/Total: 2 (of 75)

Rank in course/Men: 2 (of 57)

Best time in course: 59:36

Rank in category: 1(of 9)

Best time in the category: 1:08:24

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	33:40	3:37	1	-	2	3:45	9.30	33:40	3:37	1	-	2	3:45
Runde	9.00	34:04	3:47	1	-	2	4:57	18.30	1:07:44	3:42	1	-	2	8:42
Finish	0.20	0:40	3:19	1	-	4	0:06	18.50	1:08:24	3:41	1	-	2	8:48