



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Lösch, Sören

Club: USV Jena / Orientierungslauf  
 Number: 310

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:09:23

Speed: 15.57 km/h  
 Running performance: 3:45 min/km

Rank in course/Total: 4 (of 75)

Rank in course/Men: 4 (of 57)

Best time in course: 59:36

Rank in category: 3(of 6)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	34:12	3:40	3	4:17	4	4:17	9.30	34:12	3:40	3	4:17	4	4:17
Runde	9.00	34:31	3:50	3	5:24	4	5:24	18.30	1:08:43	3:45	3	9:41	4	9:41
Finish	0.20	0:40	3:19	2	0:06	4	0:06	18.50	1:09:23	3:45	3	9:47	4	9:47