



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Schiwek, Sascha

Club: Oranienburg  
 Number: 331

Course: 18.50 km  
 Lange Strecke

Category:  
 Männer (20-29 Jahre)

Total time: 1:18:43

Speed: 14.10 km/h  
 Running performance: 4:15 min/km

Rank in course/Total: 10 (of 75)

Rank in course/Men: 10 (of 57)

Best time in course: 59:36

Rank in category: 3(of 4)

Best time in the category: 1:12:02

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	39:04	4:12	3	3:52	11	9:09	9.30	39:04	4:12	5	3:52	58	9:09
Runde	9.00	38:56	4:19	3	2:54	10	9:49	18.30	1:18:00	4:15	5	6:40	57	18:58
Finish	0.20	0:43	3:34	2	0:01	11	0:09	18.50	1:18:43	4:15	3	6:41	10	19:07