



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Rückert, Jonas Rückert

Total time: 1:20:59

Club: Freie Reformschule Franz von Assisi Ilmenau  
 Number: 330

Speed: 13.34 km/h  
 Running performance: 4:23 min/km

Course: 18.50 km  
 Lange Strecke

Rank in course/Total: 15 (of 75)

Rank in course/Men: 15 (of 57)

Best time in course: 59:36

Category:

Rank in category: 5(of 9)

Senioren M40 (40-44 Jahre)

Best time in the category: 1:08:24

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	40:14	4:19	5	6:34	14	10:19	9.30	40:14	4:19	10	6:34	58	10:19
Runde	9.00	40:02	4:26	4	5:58	15	10:55	18.30	1:20:16	4:23	10	12:32	57	21:14
Finish	0.20	0:43	3:34	3	0:03	11	0:09	18.50	1:20:59	4:22	5	12:35	15	21:23