



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Alte, Nico

Club: Gräfenroda
Number: 270

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:25:11

Speed: 12.68 km/h
Running performance: 4:36 min/km

Rank in course/Total: 19 (of 75)

Rank in course/Men: 19 (of 57)

Best time in course: 59:36

Rank in category: 3(of 9)

Best time in the category: 1:19:53

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	42:16	4:32	4	2:22	20	12:21	9.30	42:16	4:32	10	2:22	58	12:21
Runde	9.00	42:11	4:41	4	3:06	21	13:04	18.30	1:24:27	4:36	10	5:28	57	25:25
Finish	0.20	0:44	3:39	1	-	16	0:10	18.50	1:25:11	4:36	3	5:18	19	25:35