



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Senglaub, Arvid

Club: Die flinken Gerataler
Number: 338

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:25:17

Speed: 12.66 km/h
Running performance: 4:37 min/km

Rank in course/Total: 20 (of 75)

Rank in course/Men: 20 (of 57)

Best time in course: 59:36

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	42:51	4:36	6	2:57	24	12:56	9.30	42:51	4:36	10	2:57	58	12:56
Runde	9.00	41:39	4:37	2	2:34	18	12:32	18.30	1:24:30	4:37	10	5:31	57	25:28
Finish	0.20	0:47	3:54	3	0:03	19	0:13	18.50	1:25:17	4:36	4	5:24	20	25:41