



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Amarell, Markus

Club: Ilmenau
Number: 271

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:25:42

Speed: 12.60 km/h
Running performance: 4:38 min/km

Rank in course/Total: 21 (of 75)

Rank in course/Men: 21 (of 57)

Best time in course: 59:36

Rank in category: 1(of 2)

Best time in the category: 1:25:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	43:03	4:37	1	-	25	13:08	9.30	43:03	4:37	1	-	58	13:08
Runde	9.00	42:00	4:40	1	-	20	12:53	18.30	1:25:03	4:38	1	-	57	26:01
Finish	0.20	0:39	3:15	1	-	3	0:05	18.50	1:25:42	4:37	1	-	21	26:06