



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Raschke, Henry

Club: Ilmenau
 Number: 323

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:25:53

Speed: 12.58 km/h
 Running performance: 4:38 min/km

Rank in course/Total: 22 (of 75)

Rank in course/Men: 22 (of 57)

Best time in course: 59:36

Rank in category: 5(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	41:27	4:27	3	1:33	19	11:32	9.30	41:27	4:27	10	1:33	58	11:32
Runde	9.00	43:40	4:51	5	4:35	25	14:33	18.30	1:25:07	4:39	10	6:08	57	26:05
Finish	0.20	0:46	3:50	2	0:02	17	0:12	18.50	1:25:53	4:38	5	6:00	22	26:17