



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Donner, André

Club: TuS Breckerfeld
Number: 286

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:26:36

Speed: 12.47 km/h
Running performance: 4:41 min/km

Rank in course/Total: 25 (of 75)

Rank in course/Men: 24 (of 57)

Best time in course: 59:36

Rank in category: 4(of 10)

Best time in the category: 1:14:14

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	42:29	4:34	3	5:20	21	12:34	9.30	42:29	4:34	11	5:20	58	12:34
Runde	9.00	43:16	4:48	4	6:52	23	14:09	18.30	1:25:45	4:41	11	12:12	57	26:43
Finish	0.20	0:51	4:15	5	0:13	24	0:17	18.50	1:26:36	4:40	4	12:22	24	27:00