



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Spantig, Thomas

Club: Abgehts09
Number: 340

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:27:02

Speed: 12.41 km/h
Running performance: 4:42 min/km

Rank in course/Total: 26 (of 75)

Rank in course/Men: 25 (of 57)

Best time in course: 59:36

Rank in category: 5(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	42:30	4:34	4	5:21	22	12:35	9.30	42:30	4:34	11	5:21	58	12:35
Runde	9.00	43:40	4:51	5	7:16	25	14:33	18.30	1:26:10	4:42	11	12:37	57	27:08
Finish	0.20	0:52	4:19	6	0:14	27	0:18	18.50	1:27:02	4:42	5	12:48	25	27:26