



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Iakovlev, Vladislav

Club: Ilmenau  
 Number: 301

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:28:47

Speed: 12.16 km/h  
 Running performance: 4:48 min/km

Rank in course/Total: 27 (of 75)

Rank in course/Men: 26 (of 57)

Best time in course: 59:36

Rank in category: 6(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	42:33	4:34	5	2:39	23	12:38	9.30	42:33	4:34	5	2:39	58	12:38
Runde	9.00	45:24	5:02	6	6:19	27	16:17	18.30	1:27:57	4:48	6	8:58	57	28:55
Finish	0.20	0:50	4:10	4	0:06	23	0:16	18.50	1:28:47	4:47	6	8:54	26	29:11