



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Schmidt, Sebastian

Club: N3 Sportverein e.V.
Number: 333

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:14:42

Speed: 14.46 km/h
Running performance: 4:02 min/km

Rank in course/Total: 8 (of 75)

Rank in course/Men: 8 (of 57)

Best time in course: 59:36

Rank in category: 2(of 9)

Best time in the category: 1:08:24

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	36:42	3:56	2	3:02	7	6:47	9.30	36:42	3:56	10	3:02	58	6:47
Runde	9.00	36:18	4:01	2	2:14	6	7:11	18.30	1:13:00	3:59	10	5:16	57	13:58
Finish	0.20	1:42	8:30	9	1:02	56	1:08	18.50	1:14:42	4:02	2	6:18	8	15:06