



# 17. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 16.04.2022

## Detailed evaluation

**Grune, Sascha**

Club: Rennsteig-Borussen  
Number: 293

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:32:11

Speed: 11.72 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 29 (of 75)

Rank in course/Men: 28 (of 57)

Best time in course: 59:36

Rank in category: 7(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Runde	9.30	45:49	4:55	7	12:09	33	15:54	9.30	45:49	4:55	10	12:09	58	15:54
Runde	9.00	45:28	5:03	7	11:24	28	16:21	18.30	1:31:17	4:59	10	23:33	57	32:15
Finish	0.20	0:54	4:30	6	0:14	33	0:20	18.50	1:32:11	4:58	7	23:47	28	32:35