



17. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

**Bastian, Dieter**

Club: DJK SC Vorra  
Number: 273

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:32:58

Speed: 11.62 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 30 (of 75)

Rank in course/Men: 29 (of 57)

Best time in course: 59:36

Rank in category: 1(of 6)

Best time in the category: 1:32:58

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	45:16	4:52	1	-	29	15:21	9.30	45:16	4:52	1	-	58	15:21
Runde	9.00	46:50	5:12	1	-	33	17:43	18.30	1:32:06	5:01	1	-	57	33:04
Finish	0.20	0:52	4:19	2	0:01	27	0:18	18.50	1:32:58	5:01	1	-	29	33:22