



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Mölders, Martin

Club: Gutsmuths-Rensteiglaufverein
 Number: 319

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M60 (60-64 Jahre)

Total time: 1:33:09

Speed: 11.59 km/h
 Running performance: 5:02 min/km

Rank in course/Total: 31 (of 75)

Rank in course/Men: 30 (of 57)

Best time in course: 59:36

Rank in category: 1(of 9)

Best time in the category: 1:33:09

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	45:24	4:52	1	-	30	15:29	9.30	45:24	4:52	1	-	58	15:29
Runde	9.00	46:50	5:12	1	-	33	17:43	18.30	1:32:14	5:02	1	-	57	33:12
Finish	0.20	0:55	4:34	2	0:03	36	0:21	18.50	1:33:09	5:02	1	-	30	33:33