



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Steinborn, Henry

Club: Ilmenau  
 Number: 341

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:33:41

Speed: 11.53 km/h  
 Running performance: 5:04 min/km

Rank in course/Total: 33 (of 75)

Rank in course/Men: 31 (of 57)

Best time in course: 59:36

Rank in category: 7(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.	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	47:01	5:03	7	7:07	35	17:06	9.30	47:01	5:03	10	7:07	58	17:06
Runde	9.00	45:45	5:04	7	6:40	29	16:38	18.30	1:32:46	5:04	10	13:47	57	33:44
Finish	0.20	0:55	4:34	7	0:11	36	0:21	18.50	1:33:41	5:03	7	13:48	31	34:05