



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Kretzschmar, Manfred

Club: Ichttershausen  
 Number: 308

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M70 (70-74 Jahre)

Total time: 1:34:51

Speed: 11.39 km/h  
 Running performance: 5:08 min/km

Rank in course/Total: 39 (of 75)

Rank in course/Men: 36 (of 57)

Best time in course: 59:36

Rank in category: 1(of 1)

Best time in the category: 1:34:51

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	47:34	5:06	1	-	41	17:39	9.30	47:34	5:06	1	-	58	17:39
Runde	9.00	46:23	5:09	1	-	30	17:16	18.30	1:33:57	5:08	1	-	34	34:55
Finish	0.20	0:54	4:30	1	-	33	0:20	18.50	1:34:51	5:07	1	-	36	35:15