



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Knabe, Mathias

Club: Waldläufer
 Number: 304

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:36:14

Speed: 11.22 km/h
 Running performance: 5:12 min/km

Rank in course/Total: 40 (of 75)

Rank in course/Men: 37 (of 57)

Best time in course: 59:36

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	47:23	5:05	8	13:43	37	17:28	9.30	47:23	5:05	10	13:43	58	17:28
Runde	9.00	47:52	5:19	8	13:48	39	18:45	18.30	1:35:15	5:12	10	27:31	57	36:13
Finish	0.20	0:59	4:54	8	0:19	50	0:25	18.50	1:36:14	5:12	8	27:50	37	36:38