



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Trommer, Daniel

Club: Ilmenau
 Number: 344

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:36:28

Speed: 11.20 km/h
 Running performance: 5:13 min/km

Rank in course/Total: 41 (of 75)

Rank in course/Men: 38 (of 57)

Best time in course: 59:36

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	47:28	5:06	8	7:34	39	17:33	9.30	47:28	5:06	10	7:34	58	17:33
Runde	9.00	48:04	5:20	8	8:59	41	18:57	18.30	1:35:32	5:13	10	16:33	57	36:30
Finish	0.20	0:56	4:39	8	0:12	39	0:22	18.50	1:36:28	5:12	8	16:35	38	36:52