



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: 11.51 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. | 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 | 47:28 | 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 |