



17. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Ernemann, Sebastian

Club: Kirmesverein Wüllersleben  
 Number: 287

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:39:08

Speed: 10.89 km/h  
 Running performance: 5:22 min/km

Rank in course/Total: 48 (of 75)

Rank in course/Men: 44 (of 57)

Best time in course: 59:36

Rank in category: 9(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.	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	50:10	5:23	9	16:30	48	20:15	9.30	50:10	5:23	10	16:30	58	20:15
Runde	9.00	48:03	5:20	9	13:59	40	18:56	18.30	1:38:13	5:22	10	30:29	57	39:11
Finish	0.20	0:55	4:34	7	0:15	36	0:21	18.50	1:39:08	5:21	9	30:44	44	39:32