



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Berwing, Dieter

Club: SV TU-Ilmenau
 Number: 280

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 2:19:05

Speed: 7.77 km/h
 Running performance: 7:31 min/km

Rank in course/Total: 74 (of 75)

Rank in course/Men: 56 (of 57)

Best time in course: 59:36

Rank in category: 6(of 6)

Best time in the category: 1:32:58

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	1:06:30	7:09	6	21:14	57	36:35	9.30	1:06:30	7:09	7	21:14	58	36:35
Runde	9.00	1:11:21	7:55	6	24:31	56	42:14	18.30	2:17:51	7:31	7	45:45	57	1:18:49
Finish	0.20	1:14	6:10	6	0:23	55	0:40	18.50	2:19:05	7:31	6	46:07	56	1:19:29