



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Adrian Koch**

Club: NOMADS/Crew301

Number: 409

Course: 18.50 km

Lange Strecke

Category:

Männer (20-29) L

Total time: 1:17:45

Speed: 13.89 km/h

Running performance: 4:12 min/km

Rank in course/Total: 6 (of 112)

Rank in course/Men: 6 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 5)

Best time in the category: 1:17:45

## 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	9.20	39:08	4:15	1	-	8	7:37	9.20	39:08	4:15	1	-	8	7:37
Runde	9.00	37:54	4:12	1	-	5	6:17	18.20	1:17:02	4:13	1	-	6	13:54
Finish	0.30	0:43	2:23	1	-	5	0:06	18.50	1:17:45	4:12	1	-	6	14:00