



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Aaron Flötotto

Number: 319

Course: 18.50 km

Lange Strecke

Category:

Männer (20-29) L

Total time: 1:32:38

Speed: 11.98 km/h

Running performance: 5:00 min/km

Rank in course/Total: 32 (of 112)

Rank in course/Men: 31 (of 87)

Best time in course: 1:03:45

Rank in category: 2(of 5)

Best time in the category: 1:17:45

## Intermediate times

## Stage score

## Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.20	46:05	5:00	5	6:57	40	14:34	9.20	46:05	5:00	5	6:57	40	14:34
Runde	9.00	45:43	5:04	2	7:49	28	14:06	18.20	1:31:48	5:02	2	14:46	31	28:40
Finish	0.30	0:50	2:46	3	0:07	24	0:13	18.50	1:32:38	5:00	2	14:53	31	28:53