



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Simon Gräfe

Total time: 1:34:39

Number: 326

Speed: 11.41 km/h

Running performance: 5:06 min/km

Course: 18.50 km

Rank in course/Total: 38 (of 112)

Lange Strecke

Rank in course/Men: 37 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 3(of 5)

Männer (20-29) L

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     | 44:15      | 4:48         | 2        | 5:07        | 30          | 12:44      | 9.20          | 44:15      | 4:48         | 2        | 5:07        | 30      | 12:44      |
| Runde   | 9.00     | 49:32      | 5:30         | 5        | 11:38       | 48          | 17:55      | 18.20         | 1:33:47    | 5:09         | 3        | 16:45       | 37      | 30:39      |
| Finish  | 0.30     | 0:52       | 2:53         | 4        | 0:09        | 35          | 0:15       | 18.50         | 1:34:39    | 5:06         | 3        | 16:54       | 37      | 30:54      |