



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)

Category:

Best time in course: 1:03:45

Männer (20-29) L

Rank in category: 3(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	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