



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sascha Schiwek

Club: Oranienburg

Number: 378

Course: 18.50 km

Lange Strecke

Category:

Männer (20-29) L

Total time: 1:34:57

Speed: 11.69 km/h

Running performance: 5:07 min/km

Rank in course/Total: 40 (of 112)

Rank in course/Men: 38 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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	45:29	4:56	3	6:21	34	13:58	9.20	45:29	4:56	3	6:21	34	13:58
Runde	9.00	48:43	5:24	3	10:49	42	17:06	18.20	1:34:12	5:10	4	17:10	38	31:04
Finish	0.30	0:45	2:30	2	0:02	10	0:08	18.50	1:34:57	5:07	4	17:12	38	31:12