



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Norman Matthias

Total time: 1:35:49

Number: 364

Speed: 11.58 km/h

Running performance: 5:10 min/km

Course: 18.50 km

Rank in course/Total: 42 (of 112)

Lange Strecke

Rank in course/Men: 40 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 5(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	45:55	4:59	4	6:47	39	14:24	9.20	45:55	4:59	4	6:47	39	14:24
Runde	9.00	48:54	5:26	4	11:00	43	17:17	18.20	1:34:49	5:12	5	17:47	40	31:41
Finish	0.30	1:00	3:20	5	0:17	57	0:23	18.50	1:35:49	5:10	5	18:04	40	32:04