



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Paul Georg Langer

Total time: 1:42:29

Number: 350

Speed: 10.54 km/h

Running performance: 5:32 min/km

Course: 18.50 km

Rank in course/Total: 67 (of 112)

Lange Strecke

Rank in course/Men: 58 (of 87)

Category:

Best time in course: 1:03:45

männliche Jugend U20 (18-19) L

Rank in category: 1(of 1)

Best time in the category: 1:42:29

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	45:36	4:57	1	-	36	14:05	9.20	45:36	4:57	1	-	36	14:05
Runde	9.00	56:00	6:13	1	-	71	24:23	18.20	1:41:36	5:34	1	-	58	38:28
Finish	0.30	0:53	2:56	1	-	38	0:16	18.50	1:42:29	5:32	1	-	58	38:44