



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Samsom Tesfazghi Hayalu

Club: SV Sömmerda e.V.

Number: 395

Course: 18.50 km

Lange Strecke

Category:

Senioren M30 (30-34) L

Total time: 1:03:45

Speed: 16.94 km/h

Running performance: 3:26 min/km

Rank in course/Total: 1 (of 112)

Rank in course/Men: 1 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 5)

Best time in the category: 1:03:45

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	31:31	3:25	1	-	1	-	9.20	31:31	3:25	1	-	1	-
Runde	9.00	31:37	3:30	1	-	1	-	18.20	1:03:08	3:28	1	-	1	-
Finish	0.30	0:37	2:03	1	-	1	-	18.50	1:03:45	3:26	1	-	1	-