



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Fabian Paradies

Club: Wiesbaden

Number: 414

Course: 18.50 km

Lange Strecke

Category:

Senioren M30 (30-34) L

Total time: 1:10:13

Speed: 15.81 km/h

Running performance: 3:47 min/km

Rank in course/Total: 2 (of 112)

Rank in course/Men: 2 (of 87)

Best time in course: 1:03:45

Rank in category: 2(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	34:44	3:46	2	3:13	2	3:13	9.20	34:44	3:46	2	3:13	2	3:13
Runde	9.00	34:46	3:51	2	3:09	2	3:09	18.20	1:09:30	3:49	2	6:22	2	6:22
Finish	0.30	0:43	2:23	2	0:06	5	0:06	18.50	1:10:13	3:47	2	6:28	2	6:28