



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Paul Friebe

Total time: 1:22:10

Number: 320

Speed: 13.51 km/h

Running performance: 4:26 min/km

Course: 18.50 km

Rank in course/Total: 12 (of 112)

Lange Strecke

Rank in course/Men: 11 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 3(of 5)

Senioren M30 (30-34) L

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	40:32	4:24	3	9:01	12	9:01	9.20	40:32	4:24	3	9:01	12	9:01
Runde	9.00	40:48	4:31	3	9:11	12	9:11	18.20	1:21:20	4:28	3	18:12	11	18:12
Finish	0.30	0:50	2:46	3	0:13	24	0:13	18.50	1:22:10	4:26	3	18:25	11	18:25