



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ron Voßhage

Total time: 1:34:16

Number: 398

Speed: 11.46 km/h

Running performance: 5:05 min/km

Course: 18.50 km

Rank in course/Total: 35 (of 112)

Lange Strecke

Rank in course/Men: 34 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 4(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 | 45:28 | 4:56 | 5 | 13:57 | 33 | 13:57 | 9.20 | 45:28 | 4:56 | 5 | 13:57 | 33 | 13:57 |
| Runde | 9.00 | 47:51 | 5:18 | 4 | 16:14 | 36 | 16:14 | 18.20 | 1:33:19 | 5:07 | 4 | 30:11 | 34 | 30:11 |
| Finish | 0.30 | 0:57 | 3:09 | 4 | 0:20 | 49 | 0:20 | 18.50 | 1:34:16 | 5:05 | 4 | 30:31 | 34 | 30:31 |