



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: 11.78 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