



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Chris Büttner

Club: Bierloge

Number: 310

Course: 18.50 km

Lange Strecke

Category:

Senioren M30 (30-34) L

Total time: 1:40:13

Speed: 10.78 km/h

Running performance: 5:25 min/km

Rank in course/Total: 58 (of 112)

Rank in course/Men: 52 (of 87)

Best time in course: 1:03:45

Rank in category: 5(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		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Runde	9.20	45:22	4:55	4	13:51	32	13:51	9.20	45:22	4:55	4	13:51	32	13:51
Runde	9.00	53:50	5:58	5	22:13	63	22:13	18.20	1:39:12	5:27	5	36:04	52	36:04
Finish	0.30	1:01	3:23	5	0:24	59	0:24	18.50	1:40:13	5:25	5	36:28	52	36:28