



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sören Lösch

Club: USV Jena, Orientierungslauf

Number: 416

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39) L

Total time: 1:15:09

Speed: 14.77 km/h

Running performance: 4:03 min/km

Rank in course/Total: 4 (of 112)

Rank in course/Men: 4 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 9)

Best time in the category: 1:15:09

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 | 36:12 | 3:56 | 1 | - | 4 | 4:41 | 9.20 | 36:12 | 3:56 | 1 | - | 4 | 4:41 |
| Runde | 9.00 | 38:14 | 4:14 | 1 | - | 6 | 6:37 | 18.20 | 1:14:26 | 4:05 | 1 | - | 4 | 11:18 |
| Finish | 0.30 | 0:43 | 2:23 | 1 | - | 5 | 0:06 | 18.50 | 1:15:09 | 4:03 | 1 | - | 4 | 11:24 |