



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: 14.37 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