



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Tobias Hansmann

Club: HSV-Weimar-Triathlon

Number: 329

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39) L

Total time: 1:19:57

Speed: 13.51 km/h

Running performance: 4:19 min/km

Rank in course/Total: 9 (of 112)

Rank in course/Men: 8 (of 87)

Best time in course: 1:03:45

Rank in category: 2(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	39:22	4:16	2	3:10	9	7:51	9.20	39:22	4:16	2	3:10	9	7:51
Runde	9.00	39:44	4:24	2	1:30	8	8:07	18.20	1:19:06	4:20	2	4:40	8	15:58
Finish	0.30	0:51	2:50	3	0:08	29	0:14	18.50	1:19:57	4:19	2	4:48	8	16:12