



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

André Maleße

Total time: 1:26:59

Number: 360

Speed: 12.76 km/h

Running performance: 4:42 min/km

Course: 18.50 km

Rank in course/Total: 21 (of 112)

Lange Strecke

Rank in course/Men: 20 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 3(of 9)

Senioren M35 (35-39) L

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	42:56	4:40	3	6:44	22	11:25	9.20	42:56	4:40	3	6:44	22	11:25
Runde	9.00	43:11	4:47	3	4:57	17	11:34	18.20	1:26:07	4:43	3	11:41	20	22:59
Finish	0.30	0:52	2:53	5	0:09	35	0:15	18.50	1:26:59	4:42	3	11:50	20	23:14