



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Christian Lohrengel

Club: Lauft nur mit Jesus

Number: 355

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39) L

Total time: 1:31:50

Speed: 12.09 km/h

Running performance: 4:57 min/km

Rank in course/Total: 30 (of 112)

Rank in course/Men: 29 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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	45:46	4:58	4	9:34	38	14:15	9.20	45:46	4:58	4	9:34	38	14:15
Runde	9.00	45:20	5:02	4	7:06	26	13:43	18.20	1:31:06	5:00	4	16:40	29	27:58
Finish	0.30	0:44	2:26	2	0:01	9	0:07	18.50	1:31:50	4:57	4	16:41	29	28:05