



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Christoph Schäfer

Club: 1. HCV

Number: 377

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39) L

Total time: 1:37:31

Speed: 11.08 km/h

Running performance: 5:16 min/km

Rank in course/Total: 48 (of 112)

Rank in course/Men: 46 (of 87)

Best time in course: 1:03:45

Rank in category: 5(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	47:55	5:12	6	11:43	48	16:24	9.20	47:55	5:12	6	11:43	48	16:24
Runde	9.00	48:40	5:24	5	10:26	41	17:03	18.20	1:36:35	5:18	5	22:09	46	33:27
Finish	0.30	0:56	3:06	6	0:13	45	0:19	18.50	1:37:31	5:16	5	22:22	46	33:46