



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sascha Krämer

Club: Dream Team Ilmenau

Number: 347

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39) L

Total time: 1:40:56

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 61 (of 112)

Rank in course/Men: 55 (of 87)

Best time in course: 1:03:45

Rank in category: 6(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	47:09	5:07	5	10:57	46	15:38	9.20	47:09	5:07	5	10:57	46	15:38
Runde	9.00	52:43	5:51	6	14:29	58	21:06	18.20	1:39:52	5:29	6	25:26	54	36:44
Finish	0.30	1:04	3:33	8	0:21	72	0:27	18.50	1:40:56	5:27	6	25:47	55	37:11