



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Raschid Azizy

Total time: 1:45:44

Number: 301

Speed: 10.21 km/h

Running performance: 5:42 min/km

Course: 18.50 km

Rank in course/Total: 71 (of 112)

Lange Strecke

Rank in course/Men: 62 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 7(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		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	km	Time					
Runde	9.20	51:47	5:37	7	15:35	64	20:16	9.20	51:47	5:37	7	15:35	64	20:16
Runde	9.00	52:54	5:52	7	14:40	59	21:17	18.20	1:44:41	5:45	7	30:15	62	41:33
Finish	0.30	1:03	3:30	7	0:20	67	0:26	18.50	1:45:44	5:42	7	30:35	62	41:59