



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**André Golitz**

Club: Sparkasse Arnstadt-Ilmenau  
Number: 324

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M35 (35-39) L

Total time: 2:01:34

Speed: 8.88 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 101 (of 112)

Rank in course/Men: 80 (of 87)

Best time in course: 1:03:45

Rank in category: 8(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     | 1:02:43    | 6:49         | 9        | 26:31       | 86          | 31:12      | 9.20          | 1:02:43    | 6:49         | 9        | 26:31       | 86      | 31:12      |
| Runde   | 9.00     | 58:00      | 6:26         | 8        | 19:46       | 72          | 26:23      | 18.20         | 2:00:43    | 6:37         | 8        | 46:17       | 81      | 57:35      |
| Finish  | 0.30     | 0:51       | 2:50         | 3        | 0:08        | 29          | 0:14       | 18.50         | 2:01:34    | 6:34         | 8        | 46:25       | 80      | 57:49      |