



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