



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Gruß Sebastian

Total time: 2:02:54

Number: 387

Speed: 8.79 km/h

Running performance: 6:38 min/km

Course: 18.50 km

Rank in course/Total: 106 (of 112)

Lange Strecke

Rank in course/Men: 84 (of 87)

Category:

Best time in course: 1:03:45

Senioren M35 (35-39) L

Rank in category: 9(of 9)

Best time in the category: 1:15:09

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.20	57:07	6:12	8	20:55	78	25:36	9.20	57:07	6:12	8	20:55	78	25:36
Runde	9.00	1:04:37	7:10	9	26:23	84	33:00	18.20	2:01:44	6:41	9	47:18	84	58:36
Finish	0.30	1:10	3:53	9	0:27	82	0:33	18.50	2:02:54	6:38	9	47:45	84	59:09