



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Michael Mlinarsky

Club: KS-SPORTSWORLD

Number: 365

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:12:53

Speed: 14.82 km/h

Running performance: 3:56 min/km

Rank in course/Total: 3 (of 112)

Rank in course/Men: 3 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 19)

Best time in the category: 1:12:53

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	36:08	3:55	1	-	3	4:37	9.20	36:08	3:55	1	-	3	4:37
Runde	9.00	36:04	4:00	1	-	3	4:27	18.20	1:12:12	3:58	1	-	3	9:04
Finish	0.30	0:41	2:16	1	-	2	0:04	18.50	1:12:53	3:56	1	-	3	9:08