



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Sebastian Schmidt

Total time: 1:18:48

Number: 383

Speed: 13.71 km/h

Running performance: 4:15 min/km

Course: 18.50 km

Rank in course/Total: 7 (of 112)

Lange Strecke

Rank in course/Men: 7 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 2(of 19)

Senioren M40 (40-44) L

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	38:33	4:11	2	2:25	6	7:02	9.20	38:33	4:11	2	2:25	6	7:02
Runde	9.00	39:34	4:23	2	3:30	7	7:57	18.20	1:18:07	4:17	2	5:55	7	14:59
Finish	0.30	0:41	2:16	1	-	2	0:04	18.50	1:18:48	4:15	2	5:55	7	15:03