



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Mathias Luderer

Club: Trailrunning-Crew Thüringen

Number: 357

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:20:11

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 10 (of 112)

Rank in course/Men: 9 (of 87)

Best time in course: 1:03:45

Rank in category: 3(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	38:37	4:11	3	2:29	7	7:06	9.20	38:37	4:11	3	2:29	7	7:06
Runde	9.00	40:45	4:31	3	4:41	11	9:08	18.20	1:19:22	4:21	3	7:10	9	16:14
Finish	0.30	0:49	2:43	5	0:08	19	0:12	18.50	1:20:11	4:20	3	7:18	9	16:26