



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Tobias Patzer

Number: 413

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:22:54

Speed: 13.03 km/h

Running performance: 4:28 min/km

Rank in course/Total: 14 (of 112)

Rank in course/Men: 13 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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	40:34	4:24	4	4:26	13	9:03	9.20	40:34	4:24	4	4:26	13	9:03	
Runde	9.00	41:30	4:36	4	5:26	13	9:53	18.20	1:22:04	4:30	4	9:52	13	18:56	
Finish	0.30	0:50	2:46	8	0:09	24	0:13	18.50	1:22:54	4:28	4	10:01	13	19:09	