



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Steve Fritsch

Total time: 1:24:48

Club: GutsMuths-Rennsteiglaufverein / Walschberg Speed: 12.74 km/h

Number: 321

Running performance: 4:35 min/km

Course: 18.50 km

Rank in course/Total: 17 (of 112)

Lange Strecke

Rank in course/Men: 16 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 5(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	41:07	4:28	6	4:59	16	9:36	9.20	41:07	4:28	6	4:59	16	9:36
Runde	9.00	42:55	4:46	5	6:51	16	11:18	18.20	1:24:02	4:37	5	11:50	16	20:54
Finish	0.30	0:46	2:33	4	0:05	11	0:09	18.50	1:24:48	4:35	5	11:55	16	21:03