



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Maik Harnack

Club: SV 08 Oehrenstock

Number: 330

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:26:15

Speed: 12.52 km/h

Running performance: 4:39 min/km

Rank in course/Total: 20 (of 112)

Rank in course/Men: 19 (of 87)

Best time in course: 1:03:45

Rank in category: 6(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	40:57	4:27	5	4:49	14	9:26	9.20	40:57	4:27	5	4:49	14	9:26
Runde	9.00	44:37	4:57	6	8:33	23	13:00	18.20	1:25:34	4:42	6	13:22	19	22:26
Finish	0.30	0:41	2:16	1	-	2	0:04	18.50	1:26:15	4:39	6	13:22	19	22:30