



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Andy Lüdecke

Club: N3 Sportverein

Number: 356

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:29:51

Speed: 12.35 km/h

Running performance: 4:51 min/km

Rank in course/Total: 27 (of 112)

Rank in course/Men: 26 (of 87)

Best time in course: 1:03:45

Rank in category: 7(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	43:06	4:41	8	6:58	25	11:35	9.20	43:06	4:41	8	6:58	25	11:35
Runde	9.00	45:54	5:05	8	9:50	29	14:17	18.20	1:29:00	4:53	7	16:48	26	25:52
Finish	0.30	0:51	2:50	9	0:10	29	0:14	18.50	1:29:51	4:51	7	16:58	26	26:06