



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Marcel Köpke

Total time: 1:31:02

Number: 345

Speed: 12.19 km/h

Running performance: 4:55 min/km

Course: 18.50 km

Rank in course/Total: 28 (of 112)

Lange Strecke

Rank in course/Men: 27 (of 87)

Category:

Best time in course: 1:03:45

Senioren M40 (40-44) L

Rank in category: 8(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	42:14	4:35	7	6:06	20	10:43	9.20	42:14	4:35	7	6:06	20	10:43
Runde	9.00	47:50	5:18	10	11:46	35	16:13	18.20	1:30:04	4:56	8	17:52	27	26:56
Finish	0.30	0:58	3:13	15	0:17	52	0:21	18.50	1:31:02	4:55	8	18:09	27	27:17