



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jonas Rückert

Total time: 1:32:10

Club: Freie Reformschule Franz von Assisi Ilmenau
Number: 376

Speed: 11.72 km/h

Running performance: 4:58 min/km

Course: 18.50 km

Rank in course/Total: 31 (of 112)

Lange Strecke

Rank in course/Men: 30 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 9(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	43:16	4:42	9	7:08	27	11:45	9.20	43:16	4:42	9	7:08	27	11:45
Runde	9.00	48:02	5:20	11	11:58	37	16:25	18.20	1:31:18	5:00	9	19:06	30	28:10
Finish	0.30	0:52	2:53	10	0:11	35	0:15	18.50	1:32:10	4:58	9	19:17	30	28:25