



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Michael Schmidt

Total time: 1:34:07

Number: 382

Speed: 11.48 km/h

Running performance: 5:05 min/km

Course: 18.50 km

Rank in course/Total: 34 (of 112)

Lange Strecke

Rank in course/Men: 33 (of 87)

Category:

Best time in course: 1:03:45

Senioren M40 (40-44) L

Rank in category: 10(of 19)

Best time in the category: 1:12:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.20	46:08	5:00	10	10:00	41	14:37	9.20	46:08	5:00	10	10:00	41	14:37
Runde	9.00	47:05	5:13	9	11:01	32	15:28	18.20	1:33:13	5:07	10	21:01	33	30:05
Finish	0.30	0:54	3:00	12	0:13	43	0:17	18.50	1:34:07	5:05	10	21:14	33	30:22