



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Thomas Kemter

Club: SV Motor Königsee e.V.

Number: 342

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:34:30

Speed: 11.43 km/h

Running performance: 5:06 min/km

Rank in course/Total: 37 (of 112)

Rank in course/Men: 36 (of 87)

Best time in course: 1:03:45

Rank in category: 11(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	47:56	5:12	12	11:48	49	16:25	9.20	47:56	5:12	12	11:48	49	16:25
Runde	9.00	45:38	5:04	7	9:34	27	14:01	18.20	1:33:34	5:08	11	21:22	36	30:26
Finish	0.30	0:56	3:06	14	0:15	45	0:19	18.50	1:34:30	5:06	11	21:37	36	30:45