



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sascha Grune

Club: Rennsteig-Borussen

Number: 48

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:35:53

Speed: 11.26 km/h

Running performance: 5:10 min/km

Rank in course/Total: 43 (of 112)

Rank in course/Men: 41 (of 87)

Best time in course: 1:03:45

Rank in category: 12(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	46:51	5:05	11	10:43	45	15:20	9.20	46:51	5:05	11	10:43	45	15:20
Runde	9.00	48:08	5:20	12	12:04	38	16:31	18.20	1:34:59	5:13	12	22:47	41	31:51
Finish	0.30	0:54	3:00	12	0:13	43	0:17	18.50	1:35:53	5:10	12	23:00	41	32:08