



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sebastian Petermann

Club: Kesselbrunn Runners

Number: 369

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:38:40

Speed: 10.95 km/h

Running performance: 5:20 min/km

Rank in course/Total: 53 (of 112)

Rank in course/Men: 49 (of 87)

Best time in course: 1:03:45

Rank in category: 13(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	9.20	48:19	5:15	14	12:11	54	16:48	9.20	48:19	5:15	14	12:11	54	16:48				
Runde	9.00	49:22	5:29	13	13:18	47	17:45	18.20	1:37:41	5:22	13	25:29	49	34:33				
Finish	0.30	0:59	3:16	16	0:18	55	0:22	18.50	1:38:40	5:20	13	25:47	49	34:55				