



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Frank Edelmann

Club: Schleuse Sport e.V.

Number: 313

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:40:48

Speed: 11.01 km/h

Running performance: 5:26 min/km

Rank in course/Total: 60 (of 112)

Rank in course/Men: 54 (of 87)

Best time in course: 1:03:45

Rank in category: 14(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	48:10	5:14	13	12:02	53	16:39	9.20	48:10	5:14	13	12:02	53	16:39
Runde	9.00	51:49	5:45	15	15:45	55	20:12	18.20	1:39:59	5:29	14	27:47	55	36:51
Finish	0.30	0:49	2:43	5	0:08	19	0:12	18.50	1:40:48	5:26	14	27:55	54	37:03