



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sebastian Ernemann

Club: Kirmesverein Wüllersleben

Number: 314

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:41:42

Speed: 10.62 km/h

Running performance: 5:29 min/km

Rank in course/Total: 63 (of 112)

Rank in course/Men: 56 (of 87)

Best time in course: 1:03:45

Rank in category: 15(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	49:39	5:23	15	13:31	60	18:08	9.20	49:39	5:23	15	13:31	60	18:08
Runde	9.00	51:10	5:41	14	15:06	52	19:33	18.20	1:40:49	5:32	15	28:37	56	37:41
Finish	0.30	0:53	2:56	11	0:12	38	0:16	18.50	1:41:42	5:29	15	28:49	56	37:57