



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Lukas Wadsack

Total time: 1:54:20

Number: 399

Speed: 9.45 km/h

Running performance: 6:10 min/km

Course: 18.50 km

Rank in course/Total: 87 (of 112)

Lange Strecke

Rank in course/Men: 73 (of 87)

Category:

Best time in course: 1:03:45

Senioren M40 (40-44) L

Rank in category: 16(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	57:27	6:14	16	21:19	80	25:56	9.20	57:27	6:14	16	21:19	80	25:56
Runde	9.00	55:52	6:12	16	19:48	69	24:15	18.20	1:53:19	6:13	16	41:07	73	50:11
Finish	0.30	1:01	3:23	17	0:20	59	0:24	18.50	1:54:20	6:10	16	41:27	73	50:35