



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Dirk Keller

Club: WSV Ilmenau 1908 e.V.

Number: 340

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44) L

Total time: 1:58:32

Speed: 9.11 km/h

Running performance: 6:24 min/km

Rank in course/Total: 91 (of 112)

Rank in course/Men: 75 (of 87)

Best time in course: 1:03:45

Rank in category: 17(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	58:39	6:22	17	22:31	81	27:08	9.20	58:39	6:22	17	22:31	81	27:08
Runde	9.00	59:04	6:33	17	23:00	75	27:27	18.20	1:57:43	6:28	17	45:31	75	54:35
Finish	0.30	0:49	2:43	5	0:08	19	0:12	18.50	1:58:32	6:24	17	45:39	75	54:47