



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Markus Lips

Total time: 2:02:09

Number: 354

Speed: 9.09 km/h

Running performance: 6:36 min/km

Course: 18.50 km

Rank in course/Total: 103 (of 112)

Lange Strecke

Rank in course/Men: 82 (of 87)

Category:

Best time in course: 1:03:45

Senioren M40 (40-44) L

Rank in category: 18(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	1:00:49	6:36	19	24:41	85	29:18	9.20	1:00:49	6:36	19	24:41	85	29:18
Runde	9.00	1:00:10	6:41	18	24:06	76	28:33	18.20	2:00:59	6:38	18	48:47	82	57:51
Finish	0.30	1:10	3:53	19	0:29	82	0:33	18.50	2:02:09	6:36	18	49:16	82	58:24