



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Christoph Merz

Club: PTSV Rosenheim

Number: 420

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49) L

Total time: 1:15:52

Speed: 14.63 km/h

Running performance: 4:06 min/km

Rank in course/Total: 5 (of 112)

Rank in course/Men: 5 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 13)

Best time in the category: 1:15:52

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	37:16	4:03	1	-	5	5:45	9.20	37:16	4:03	1	-	5	5:45
Runde	9.00	37:47	4:11	1	-	4	6:10	18.20	1:15:03	4:07	1	-	5	11:55
Finish	0.30	0:49	2:43	4	0:02	19	0:12	18.50	1:15:52	4:06	1	-	5	12:07