



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Henrik Stutzig

Total time: 1:23:21

Number: 394

Speed: 12.96 km/h

Running performance: 4:30 min/km

Course: 18.50 km

Rank in course/Total: 15 (of 112)

Lange Strecke

Rank in course/Men: 14 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 2(of 13)

Senioren M45 (45-49) L

Best time in the category: 1:15:52

## Intermediate times

## Stage score

## Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.20	39:36	4:18	2	2:20	10	8:05	9.20	39:36	4:18	2	2:20	10	8:05
Runde	9.00	42:52	4:45	2	5:05	15	11:15	18.20	1:22:28	4:31	2	7:25	14	19:20
Finish	0.30	0:53	2:56	7	0:06	38	0:16	18.50	1:23:21	4:30	2	7:29	14	19:36