



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Christof Göring

Club: Flatlandrunners

Number: 415

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49) L

Total time: 1:25:35

Speed: 12.62 km/h

Running performance: 4:37 min/km

Rank in course/Total: 18 (of 112)

Rank in course/Men: 17 (of 87)

Best time in course: 1:03:45

Rank in category: 3(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	41:03	4:27	3	3:47	15	9:32	9.20	41:03	4:27	3	3:47	15	9:32
Runde	9.00	43:45	4:51	3	5:58	20	12:08	18.20	1:24:48	4:39	3	9:45	17	21:40
Finish	0.30	0:47	2:36	1	-	14	0:10	18.50	1:25:35	4:37	3	9:43	17	21:50