



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Dominik Krauße**

Club: SV 90 Gräfenroda e. V. - Wintersport  
Number: 348

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49) L

Total time: 1:28:34

Speed: 12.53 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 23 (of 112)

Rank in course/Men: 22 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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	42:37	4:37	4	5:21	21	11:06	9.20	42:37	4:37	4	5:21	21	11:06
Runde	9.00	45:10	5:01	5	7:23	25	13:33	18.20	1:27:47	4:49	4	12:44	22	24:39
Finish	0.30	0:47	2:36	1	-	14	0:10	18.50	1:28:34	4:47	4	12:42	22	24:49