



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Vladislav Iakovlev

Total time: 1:28:37

Number: 339

Speed: 12.19 km/h

Running performance: 4:47 min/km

Course: 18.50 km

Rank in course/Total: 24 (of 112)

Lange Strecke

Rank in course/Men: 23 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 5(of 13)

Senioren M45 (45-49) L

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	44:03	4:47	5	6:47	28	12:32	9.20	44:03	4:47	5	6:47	28	12:32
Runde	9.00	43:47	4:51	4	6:00	21	12:10	18.20	1:27:50	4:49	5	12:47	23	24:42
Finish	0.30	0:47	2:36	1	-	14	0:10	18.50	1:28:37	4:47	5	12:45	23	24:52