



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Alexander Dietzel

Total time: 1:33:46

Number: 311

Speed: 11.84 km/h

Running performance: 5:04 min/km

Course: 18.50 km

Rank in course/Total: 33 (of 112)

Lange Strecke

Rank in course/Men: 32 (of 87)

Category:

Best time in course: 1:03:45

Senioren M45 (45-49) L

Rank in category: 6(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	46:10	5:01	6	8:54	42	14:39	9.20	46:10	5:01	6	8:54	42	14:39
Runde	9.00	46:46	5:11	6	8:59	30	15:09	18.20	1:32:56	5:06	6	17:53	32	29:48
Finish	0.30	0:50	2:46	5	0:03	24	0:13	18.50	1:33:46	5:04	6	17:54	32	30:01