



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Marcel Rosenberger

Total time: 1:35:16

Club: Freie Reformschule Franz von Assisi Ilmenau
Number: 375

Speed: 11.34 km/h

Running performance: 5:08 min/km

Course: 18.50 km

Rank in course/Total: 41 (of 112)

Lange Strecke

Rank in course/Men: 39 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 7(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	47:27	5:09	9	10:11	47	15:56	9.20	47:27	5:09	9	10:11	47	15:56
Runde	9.00	46:58	5:13	7	9:11	31	15:21	18.20	1:34:25	5:11	7	19:22	39	31:17
Finish	0.30	0:51	2:50	6	0:04	29	0:14	18.50	1:35:16	5:08	7	19:24	39	31:31