



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Norman Winkler**

Club: Laufladen Erfurt OCR Team

Number: 403

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49) L

Total time: 1:36:11

Speed: 11.23 km/h

Running performance: 5:11 min/km

Rank in course/Total: 44 (of 112)

Rank in course/Men: 42 (of 87)

Best time in course: 1:03:45

Rank in category: 8(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	46:45	5:04	8	9:29	44	15:14	9.20	46:45	5:04	8	9:29	44	15:14
Runde	9.00	48:33	5:23	8	10:46	40	16:56	18.20	1:35:18	5:14	8	20:15	42	32:10
Finish	0.30	0:53	2:56	7	0:06	38	0:16	18.50	1:36:11	5:11	8	20:19	42	32:26