



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Andre Hähnlein

Club: Concordia Gräfenhain

Number: 328

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49) L

Total time: 1:38:20

Speed: 10.98 km/h

Running performance: 5:18 min/km

Rank in course/Total: 52 (of 112)

Rank in course/Men: 48 (of 87)

Best time in course: 1:03:45

Rank in category: 9(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	46:34	5:03	7	9:18	43	15:03	9.20	46:34	5:03	7	9:18	43	15:03
Runde	9.00	50:47	5:38	9	13:00	50	19:10	18.20	1:37:21	5:20	9	22:18	48	34:13
Finish	0.30	0:59	3:16	10	0:12	55	0:22	18.50	1:38:20	5:18	9	22:28	48	34:35