



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Danny Kellner

Club: Die Flinken Gerataler

Number: 341

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49) L

Total time: 1:40:30

Speed: 10.75 km/h

Running performance: 5:25 min/km

Rank in course/Total: 59 (of 112)

Rank in course/Men: 53 (of 87)

Best time in course: 1:03:45

Rank in category: 10(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	47:59	5:12	10	10:43	52	16:28	9.20	47:59	5:12	10	10:43	52	16:28
Runde	9.00	51:30	5:43	10	13:43	53	19:53	18.20	1:39:29	5:27	10	24:26	53	36:21
Finish	0.30	1:01	3:23	11	0:14	59	0:24	18.50	1:40:30	5:25	10	24:38	53	36:45