



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jörg Mämpel

Total time: 1:42:19

Number: 362

Speed: 10.85 km/h

Running performance: 5:31 min/km

Course: 18.50 km

Rank in course/Total: 65 (of 112)

Lange Strecke

Rank in course/Men: 57 (of 87)

Category:

Best time in course: 1:03:45

Senioren M45 (45-49) L

Rank in category: 11(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Runde	9.20	49:39	5:23	11	12:23	60	18:08	9.20	49:39	5:23	11	12:23	60	18:08
Runde	9.00	51:39	5:44	11	13:52	54	20:02	18.20	1:41:18	5:33	11	26:15	57	38:10
Finish	0.30	1:01	3:23	11	0:14	59	0:24	18.50	1:42:19	5:31	11	26:27	57	38:34