



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Simon Boymann

Total time: 1:47:24

Number: 307

Speed: 10.34 km/h

Running performance: 5:48 min/km

Course: 18.50 km

Rank in course/Total: 75 (of 112)

Lange Strecke

Rank in course/Men: 65 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 12(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	53:24	5:48	12	16:08	66	21:53	9.20	53:24	5:48	12	16:08	66	21:53
Runde	9.00	53:04	5:53	12	15:17	60	21:27	18.20	1:46:28	5:50	12	31:25	66	43:20
Finish	0.30	0:56	3:06	9	0:09	45	0:19	18.50	1:47:24	5:48	12	31:32	65	43:39