



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Roy Hartleb

Club: Fit by Tornado_Tim39

Number: 331

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49) L

Total time: 1:53:50

Speed: 9.49 km/h

Running performance: 6:09 min/km

Rank in course/Total: 84 (of 112)

Rank in course/Men: 71 (of 87)

Best time in course: 1:03:45

Rank in category: 13(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	54:09	5:53	13	16:53	70	22:38	9.20	54:09	5:53	13	16:53	70	22:38
Runde	9.00	58:38	6:30	13	20:51	73	27:01	18.20	1:52:47	6:11	13	37:44	71	49:39
Finish	0.30	1:03	3:30	13	0:16	67	0:26	18.50	1:53:50	6:09	13	37:58	71	50:05