



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ronny Weber

Club: Gutsmuthsrennsteiglaufverein

Number: 401

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:24:35

Speed: 12.77 km/h

Running performance: 4:34 min/km

Rank in course/Total: 16 (of 112)

Rank in course/Men: 15 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 13)

Best time in the category: 1:24:35

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	41:12	4:28	1	-	17	9:41	9.20	41:12	4:28	1	-	17	9:41
Runde	9.00	42:32	4:43	1	-	14	10:55	18.20	1:23:44	4:36	1	-	15	20:36
Finish	0.30	0:51	2:50	4	0:03	29	0:14	18.50	1:24:35	4:34	1	-	15	20:50