



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Martin Gruss

Total time: 1:27:13

Number: 327

Speed: 12.38 km/h

Running performance: 4:42 min/km

Course: 18.50 km

Rank in course/Total: 22 (of 112)

Lange Strecke

Rank in course/Men: 21 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 2(of 13)

Senioren M50 (50-54) L

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.20	43:02	4:40	3	1:50	24	11:31	9.20	43:02	4:40	3	1:50	24	11:31
Runde	9.00	43:22	4:49	2	0:50	18	11:45	18.20	1:26:24	4:44	2	2:40	21	23:16
Finish	0.30	0:49	2:43	2	0:01	19	0:12	18.50	1:27:13	4:42	2	2:38	21	23:28