



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jan Schmidt

Club: TC Suhl

Number: 380

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:28:49

Speed: 12.16 km/h

Running performance: 4:48 min/km

Rank in course/Total: 25 (of 112)

Rank in course/Men: 24 (of 87)

Best time in course: 1:03:45

Rank in category: 3(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	42:59	4:40	2	1:47	23	11:28	9.20	42:59	4:40	2	1:47	23	11:28
Runde	9.00	45:00	5:00	3	2:28	24	13:23	18.20	1:27:59	4:50	3	4:15	24	24:51
Finish	0.30	0:50	2:46	3	0:02	24	0:13	18.50	1:28:49	4:48	3	4:14	24	25:04