



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Arvid Senglaub

Club: Die flinken Gerataler

Number: 389

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:31:23

Speed: 11.82 km/h

Running performance: 4:56 min/km

Rank in course/Total: 29 (of 112)

Rank in course/Men: 28 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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	43:15	4:42	4	2:03	26	11:44	9.20	43:15	4:42	4	2:03	26	11:44
Runde	9.00	47:10	5:14	4	4:38	33	15:33	18.20	1:30:25	4:58	4	6:41	28	27:17
Finish	0.30	0:58	3:13	7	0:10	52	0:21	18.50	1:31:23	4:56	4	6:48	28	27:38