



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

André Donner

Club: TuS Breckerfeld

Number: 312

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:34:26

Speed: 11.44 km/h

Running performance: 5:06 min/km

Rank in course/Total: 36 (of 112)

Rank in course/Men: 35 (of 87)

Best time in course: 1:03:45

Rank in category: 5(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	45:45	4:58	7	4:33	37	14:14	9.20	45:45	4:58	7	4:33	37	14:14
Runde	9.00	47:43	5:18	5	5:11	34	16:06	18.20	1:33:28	5:08	5	9:44	35	30:20
Finish	0.30	0:58	3:13	7	0:10	52	0:21	18.50	1:34:26	5:06	5	9:51	35	30:41