



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Jens Schmidt**

Club: LTV Erfurt

Number: 381

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:36:24

Speed: 11.20 km/h

Running performance: 5:12 min/km

Rank in course/Total: 45 (of 112)

Rank in course/Men: 43 (of 87)

Best time in course: 1:03:45

Rank in category: 6(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	44:51	4:52	5	3:39	31	13:20	9.20	44:51	4:52	5	3:39	31	13:20
Runde	9.00	50:33	5:36	8	8:01	49	18:56	18.20	1:35:24	5:14	6	11:40	43	32:16
Finish	0.30	1:00	3:20	9	0:12	57	0:23	18.50	1:36:24	5:12	6	11:49	43	32:39