



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: 11.51 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 |