



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ralf Lindenlaub

Club: Die Flinken Gerataler

Number: 353

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:37:11

Speed: 11.11 km/h

Running performance: 5:15 min/km

Rank in course/Total: 46 (of 112)

Rank in course/Men: 44 (of 87)

Best time in course: 1:03:45

Rank in category: 7(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	9.20	47:56	5:12	8	6:44	49	16:25	9.20	47:56	5:12	8	6:44	49	16:25				
Runde	9.00	48:18	5:21	6	5:46	39	16:41	18.20	1:36:14	5:17	7	12:30	44	33:06				
Finish	0.30	0:57	3:09	6	0:09	49	0:20	18.50	1:37:11	5:15	7	12:36	44	33:26				