



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Thomas Heym

Total time: 1:37:18

Number: 335

Speed: 11.41 km/h

Running performance: 5:15 min/km

Course: 18.50 km

Rank in course/Total: 47 (of 112)

Lange Strecke

Rank in course/Men: 45 (of 87)

Category:

Best time in course: 1:03:45

Senioren M50 (50-54) L

Rank in category: 8(of 13)

Best time in the category: 1:24:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.20	45:29	4:56	6	4:17	34	13:58	9.20	45:29	4:56	6	4:17	34	13:58
Runde	9.00	50:56	5:39	9	8:24	51	19:19	18.20	1:36:25	5:17	8	12:41	45	33:17
Finish	0.30	0:53	2:56	5	0:05	38	0:16	18.50	1:37:18	5:15	8	12:43	45	33:33