



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Mario Reisser

Club: fat fighters

Number: 406

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:39:38

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 56 (of 112)

Rank in course/Men: 50 (of 87)

Best time in course: 1:03:45

Rank in category: 9(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	49:36	5:23	9	8:24	57	18:05	9.20	49:36	5:23	9	8:24	57	18:05
Runde	9.00	49:14	5:28	7	6:42	46	17:37	18.20	1:38:50	5:25	9	15:06	50	35:42
Finish	0.30	0:48	2:40	1	-	17	0:11	18.50	1:39:38	5:23	9	15:03	50	35:53