



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Matthias Hempel

Club: Südthuringentrail e.V.

Number: 333

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:46:48

Speed: 10.11 km/h

Running performance: 5:46 min/km

Rank in course/Total: 74 (of 112)

Rank in course/Men: 64 (of 87)

Best time in course: 1:03:45

Rank in category: 10(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	49:55	5:25	10	8:43	62	18:24	9.20	49:55	5:25	10	8:43	62	18:24
Runde	9.00	55:51	6:12	12	13:19	68	24:14	18.20	1:45:46	5:48	10	22:02	64	42:38
Finish	0.30	1:02	3:26	11	0:14	64	0:25	18.50	1:46:48	5:46	10	22:13	64	43:03