



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Stefan Bolz

Total time: 1:47:26

Number: 306

Speed: 10.05 km/h

Running performance: 5:48 min/km

Course: 18.50 km

Rank in course/Total: 76 (of 112)

Lange Strecke

Rank in course/Men: 66 (of 87)

Category:

Best time in course: 1:03:45

Senioren M50 (50-54) L

Rank in category: 11(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	54:30	5:55	13	13:18	72	22:59	9.20	54:30	5:55	13	13:18	72	22:59				
Runde	9.00	51:55	5:46	10	9:23	56	20:18	18.20	1:46:25	5:50	11	22:41	65	43:17				
Finish	0.30	1:01	3:23	10	0:13	59	0:24	18.50	1:47:26	5:48	11	22:51	66	43:41				