



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Dirk Schreiber

Total time: 1:51:00

Number: 195

Speed: 9.73 km/h

Running performance: 6:00 min/km

Course: 18.50 km

Rank in course/Total: 80 (of 112)

Lange Strecke

Rank in course/Men: 69 (of 87)

Category:

Best time in course: 1:03:45

Senioren M50 (50-54) L

Rank in category: 12(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	54:13	5:53	12	13:01	71	22:42	9.20	54:13	5:53	12	13:01	71	22:42
Runde	9.00	55:45	6:11	11	13:13	67	24:08	18.20	1:49:58	6:02	12	26:14	69	46:50
Finish	0.30	1:02	3:26	11	0:14	64	0:25	18.50	1:51:00	6:00	12	26:25	69	47:15