



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Bernd Reiprich

Club: Geschwenda

Number: 374

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54) L

Total time: 1:54:06

Speed: 9.47 km/h

Running performance: 6:10 min/km

Rank in course/Total: 85 (of 112)

Rank in course/Men: 72 (of 87)

Best time in course: 1:03:45

Rank in category: 13(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	54:07	5:52	11	12:55	69	22:36	9.20	54:07	5:52	11	12:55	69	22:36
Runde	9.00	58:56	6:32	13	16:24	74	27:19	18.20	1:53:03	6:12	13	29:19	72	49:55
Finish	0.30	1:03	3:30	13	0:15	67	0:26	18.50	1:54:06	6:10	13	29:31	72	50:21