



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Thomas Fischer

Club: RLT Rodgau

Number: 318

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:20:59

Speed: 13.34 km/h

Running performance: 4:22 min/km

Rank in course/Total: 11 (of 112)

Rank in course/Men: 10 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 12)

Best time in the category: 1:20:59

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	40:03	4:21	1	-	11	8:32	9.20	40:03	4:21	1	-	11	8:32
Runde	9.00	40:13	4:28	1	-	9	8:36	18.20	1:20:16	4:24	1	-	10	17:08
Finish	0.30	0:43	2:23	1	-	5	0:06	18.50	1:20:59	4:22	1	-	10	17:14