



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Uwe Schmidt

Club: GMRLV

Number: 384

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:22:48

Speed: 13.04 km/h

Running performance: 4:28 min/km

Rank in course/Total: 13 (of 112)

Rank in course/Men: 12 (of 87)

Best time in course: 1:03:45

Rank in category: 2(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	41:39	4:31	2	1:36	18	10:08	9.20	41:39	4:31	2	1:36	18	10:08
Runde	9.00	40:23	4:29	2	0:10	10	8:46	18.20	1:22:02	4:30	2	1:46	12	18:54
Finish	0.30	0:46	2:33	2	0:03	11	0:09	18.50	1:22:48	4:28	2	1:49	12	19:03