



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Thomas Spantig

Club: Abgehts09

Number: 393

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:26:08

Speed: 12.89 km/h

Running performance: 4:39 min/km

Rank in course/Total: 19 (of 112)

Rank in course/Men: 18 (of 87)

Best time in course: 1:03:45

Rank in category: 3(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	41:57	4:33	3	1:54	19	10:26	9.20	41:57	4:33	3	1:54	19	10:26
Runde	9.00	43:25	4:49	3	3:12	19	11:48	18.20	1:25:22	4:41	3	5:06	18	22:14
Finish	0.30	0:46	2:33	2	0:03	11	0:09	18.50	1:26:08	4:39	3	5:09	18	22:23