



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Mario Hasenstein

Club: Feuerwehr Gotha-Siebleben

Number: 332

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:29:07

Speed: 12.12 km/h

Running performance: 4:49 min/km

Rank in course/Total: 26 (of 112)

Rank in course/Men: 25 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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 | 44:12 | 4:48 | 4 | 4:09 | 29 | 12:41 | 9.20 | 44:12 | 4:48 | 4 | 4:09 | 29 | 12:41 |
| Runde | 9.00 | 44:07 | 4:54 | 4 | 3:54 | 22 | 12:30 | 18.20 | 1:28:19 | 4:51 | 4 | 8:03 | 25 | 25:11 |
| Finish | 0.30 | 0:48 | 2:40 | 4 | 0:05 | 17 | 0:11 | 18.50 | 1:29:07 | 4:49 | 4 | 8:08 | 25 | 25:22 |