



# 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: 12.46 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