



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Jens Köhler**

Club: Laufftreff Plaue

Number: 343

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:44:19

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 70 (of 112)

Rank in course/Men: 61 (of 87)

Best time in course: 1:03:45

Rank in category: 6(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	50:57	5:32	7	10:54	63	19:26	9.20	50:57	5:32	7	10:54	63	19:26
Runde	9.00	52:26	5:49	6	12:13	57	20:49	18.20	1:43:23	5:40	6	23:07	61	40:15
Finish	0.30	0:56	3:06	5	0:13	45	0:19	18.50	1:44:19	5:38	6	23:20	61	40:34