



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Markus Becker

Club: Gmrv

Number: 407

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:45:55

Speed: 10.20 km/h

Running performance: 5:43 min/km

Rank in course/Total: 72 (of 112)

Rank in course/Men: 63 (of 87)

Best time in course: 1:03:45

Rank in category: 7(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	49:36	5:23	6	9:33	57	18:05	9.20	49:36	5:23	6	9:33	57	18:05
Runde	9.00	55:16	6:08	8	15:03	66	23:39	18.20	1:44:52	5:45	7	24:36	63	41:44
Finish	0.30	1:03	3:30	7	0:20	67	0:26	18.50	1:45:55	5:43	7	24:56	63	42:10