



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jürgen Neitzke

Total time: 1:48:06

Number: 367

Speed: 9.99 km/h

Running performance: 5:50 min/km

Course: 18.50 km

Rank in course/Total: 77 (of 112)

Lange Strecke

Rank in course/Men: 67 (of 87)

Best time in course: 1:03:45

Category:

Rank in category: 8(of 12)

Senioren M55 (55-59) L

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 | 51:50 | 5:38 | 8 | 11:47 | 65 | 20:19 | 9.20 | 51:50 | 5:38 | 8 | 11:47 | 65 | 20:19 |
| Runde | 9.00 | 55:09 | 6:07 | 7 | 14:56 | 65 | 23:32 | 18.20 | 1:46:59 | 5:52 | 8 | 26:43 | 67 | 43:51 |
| Finish | 0.30 | 1:07 | 3:43 | 10 | 0:24 | 77 | 0:30 | 18.50 | 1:48:06 | 5:50 | 8 | 27:07 | 67 | 44:21 |