



# 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: 10.27 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)

Category:

Best time in course: 1:03:45

Senioren M55 (55-59) L

Rank in category: 8(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	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