



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Georg Vater

Club: Rennsteiglaufverein/Suhl

Number: 396

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 1:59:06

Speed: 9.07 km/h

Running performance: 6:26 min/km

Rank in course/Total: 93 (of 112)

Rank in course/Men: 76 (of 87)

Best time in course: 1:03:45

Rank in category: 9(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	55:23	6:01	11	15:20	75	23:52	9.20	55:23	6:01	11	15:20	75	23:52
Runde	9.00	1:02:31	6:56	9	22:18	80	30:54	18.20	1:57:54	6:28	9	37:38	76	54:46
Finish	0.30	1:12	4:00	11	0:29	85	0:35	18.50	1:59:06	6:26	9	38:07	76	55:21