



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Steffen Filax**

Club: Fit mit Schmidt

Number: 316

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 2:01:06

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 99 (of 112)

Rank in course/Men: 78 (of 87)

Best time in course: 1:03:45

Rank in category: 10(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	54:32	5:55	9	14:29	73	23:01	9.20	54:32	5:55	9	14:29	73	23:01
Runde	9.00	1:05:29	7:16	12	25:16	86	33:52	18.20	2:00:01	6:35	10	39:45	78	56:53
Finish	0.30	1:05	3:36	8	0:22	74	0:28	18.50	2:01:06	6:32	10	40:07	78	57:21