



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**Michael Seifried**

Club: Lufthansa Sportverein

Number: 388

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 2:01:34

Speed: 8.88 km/h

Running performance: 6:34 min/km

Rank in course/Total: 102 (of 112)

Rank in course/Men: 80 (of 87)

Best time in course: 1:03:45

Rank in category: 12(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	56:43	6:09	12	16:40	77	25:12	9.20	56:43	6:09	12	16:40	77	25:12
Runde	9.00	1:03:45	7:04	10	23:32	82	32:08	18.20	2:00:28	6:37	12	40:12	80	57:20
Finish	0.30	1:06	3:40	9	0:23	75	0:29	18.50	2:01:34	6:34	12	40:35	80	57:49