



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Günter Gerlach

Number: 323

Course: 18.50 km

Lange Strecke

Category:

Senioren M60 (60-64) L

Total time: 1:39:41

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 57 (of 112)

Rank in course/Men: 51 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 6)

Best time in the category: 1:39:41

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	49:38	5:23	2	0:06	59	18:07	9.20	49:38	5:23	2	0:06	59	18:07
Runde	9.00	49:12	5:28	1	-	45	17:35	18.20	1:38:50	5:25	1	-	50	35:42
Finish	0.30	0:51	2:50	1	-	29	0:14	18.50	1:39:41	5:23	1	-	51	35:56