



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Jörg Schmid

Club: Rennsteiglaufverein, Arnstadt

Number: 379

Course: 18.50 km

Lange Strecke

Category:

Senioren M60 (60-64) L

Total time: 1:43:41

Speed: 10.42 km/h

Running performance: 5:36 min/km

Rank in course/Total: 68 (of 112)

Rank in course/Men: 59 (of 87)

Best time in course: 1:03:45

Rank in category: 2(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	49:32	5:23	1	-	56	18:01	9.20	49:32	5:23	1	-	56	18:01
Runde	9.00	53:07	5:54	2	3:55	61	21:30	18.20	1:42:39	5:38	2	3:49	59	39:31
Finish	0.30	1:02	3:26	2	0:11	64	0:25	18.50	1:43:41	5:36	2	4:00	59	39:56