



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Holger Herrmann

Club: Vitzerod Devils

Number: 334

Course: 18.50 km

Lange Strecke

Category:

Senioren M60 (60-64) L

Total time: 1:49:19

Speed: 10.15 km/h

Running performance: 5:54 min/km

Rank in course/Total: 78 (of 112)

Rank in course/Men: 68 (of 87)

Best time in course: 1:03:45

Rank in category: 3(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	53:31	5:49	3	3:59	67	22:00	9.20	53:31	5:49	3	3:59	67	22:00
Runde	9.00	54:42	6:04	3	5:30	64	23:05	18.20	1:48:13	5:56	3	9:23	68	45:05
Finish	0.30	1:06	3:40	3	0:15	75	0:29	18.50	1:49:19	5:54	3	9:38	68	45:34