



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Holger Lesser

Club: Erfurt
Number: 351

Course: 18.50 km
Lange Strecke

Category:
Senioren M60 (60-64) L

Total time: 1:58:22

Speed: 9.12 km/h
Running performance: 6:23 min/km

Rank in course/Total: 90 (of 112)

Rank in course/Men: 74 (of 87)

Best time in course: 1:03:45

Rank in category: 4(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	56:22	6:07	4	6:50	76	24:51	9.20	56:22	6:07	4	6:50	76	24:51
Runde	9.00	1:00:45	6:45	5	11:33	78	29:08	18.20	1:57:07	6:26	4	18:17	74	53:59
Finish	0.30	1:15	4:10	6	0:24	86	0:38	18.50	1:58:22	6:23	4	18:41	74	54:37