



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Dietmar Lugauer

Club: FSV 1950 Gotha

Number: 358

Course: 18.50 km

Lange Strecke

Category:

Senioren M60 (60-64) L

Total time: 2:02:09

Speed: 8.84 km/h

Running performance: 6:36 min/km

Rank in course/Total: 104 (of 112)

Rank in course/Men: 82 (of 87)

Best time in course: 1:03:45

Rank in category: 5(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	1:00:48	6:36	5	11:16	84	29:17	9.20	1:00:48	6:36	5	11:16	84	29:17
Runde	9.00	1:00:11	6:41	4	10:59	77	28:34	18.20	2:00:59	6:38	5	22:09	82	57:51
Finish	0.30	1:10	3:53	5	0:19	82	0:33	18.50	2:02:09	6:36	5	22:28	82	58:24