



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Fränkie Reimann

Club: SV Ilmtal Manebach

Number: 372

Course: 18.50 km

Lange Strecke

Category:

Senioren M60 (60-64) L

Total time: 2:25:21

Speed: 7.43 km/h

Running performance: 7:51 min/km

Rank in course/Total: 112 (of 112)

Rank in course/Men: 87 (of 87)

Best time in course: 1:03:45

Rank in category: 6(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	1:09:33	7:33	6	20:01	87	38:02	9.20	1:09:33	7:33	6	20:01	87	38:02
Runde	9.00	1:14:40	8:17	6	25:28	87	43:03	18.20	2:24:13	7:55	6	45:23	87	1:21:05
Finish	0.30	1:08	3:46	4	0:17	79	0:31	18.50	2:25:21	7:51	6	45:40	87	1:21:36