



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Martin Mölders

Club: Gutsmuths-Rensteiglaufverein

Number: 366

Course: 18.50 km

Lange Strecke

Category:

Senioren M65 (65-69) L

Total time: 1:43:49

Speed: 10.40 km/h

Running performance: 5:36 min/km

Rank in course/Total: 69 (of 112)

Rank in course/Men: 60 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 3)

Best time in the category: 1:43:49

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	49:13	5:20	1	-	55	17:42	9.20	49:13	5:20	1	-	55	17:42
Runde	9.00	53:32	5:56	1	-	62	21:55	18.20	1:42:45	5:38	1	-	60	39:37
Finish	0.30	1:04	3:33	1	-	72	0:27	18.50	1:43:49	5:36	1	-	60	40:04