



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Andreas Beck

Club: LSV Lok Arnstadt

Number: 302

Course: 18.50 km

Lange Strecke

Category:

Senioren M65 (65-69) L

Total time: 2:00:35

Speed: 8.96 km/h

Running performance: 6:31 min/km

Rank in course/Total: 97 (of 112)

Rank in course/Men: 77 (of 87)

Best time in course: 1:03:45

Rank in category: 3(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	57:14	6:13	3	8:01	79	25:43	9.20	57:14	6:13	3	8:01	79	25:43
Runde	9.00	1:02:12	6:54	3	8:40	79	30:35	18.20	1:59:26	6:33	3	16:41	77	56:18
Finish	0.30	1:09	3:49	3	0:05	81	0:32	18.50	2:00:35	6:31	3	16:46	77	56:50