



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Heribert Krebs

Club: TSV Zella-Mehlis

Number: 349

Course: 18.50 km

Lange Strecke

Category:

Senioren M70 (70-74) L

Total time: 2:04:47

Speed: 8.90 km/h

Running performance: 6:44 min/km

Rank in course/Total: 108 (of 112)

Rank in course/Men: 86 (of 87)

Best time in course: 1:03:45

Rank in category: 1(of 1)

Best time in the category: 2:04:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	9.20	59:48	6:30	1	-	82	28:17	9.20	59:48	6:30	1	-	82	28:17				
Runde	9.00	1:03:56	7:06	1	-	83	32:19	18.20	2:03:44	6:47	1	-	86	1:00:36				
Finish	0.30	1:03	3:30	1	-	67	0:26	18.50	2:04:47	6:44	1	-	86	1:01:02				