



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Sven Strobach

Total time: 56:06

Number: 221

Speed: 9.63 km/h

Running performance: 6:01 min/km

Course: 9.30 km

Rank in course/Total: 148 (of 239)

Kurze Strecke

Rank in course/Men: 102 (of 140)

Best time in course: 32:54

Category:

Rank in category: 9(of 10)

Senioren M45 (45-49)

Best time in the category: 41:45