



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Daniel Leder

Total time: 58:51

Number: 98

Speed: 9.18 km/h

Running performance: 6:19 min/km

Course: 9.30 km

Rank in course/Total: 173 (of 239)

Kurze Strecke

Rank in course/Men: 115 (of 140)

Best time in course: 32:54

Category:

Rank in category: 10(of 10)

Senioren M45 (45-49)

Best time in the category: 41:45