



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

René Kruse

Club: WalschbergRunners

Number: 90

Course: 9.30 km

Kurze Strecke

Category:

Senioren M50 (50-54)

Total time: 48:53

Speed: 11.05 km/h

Running performance: 5:15 min/km

Rank in course/Total: 66 (of 239)

Rank in course/Men: 56 (of 140)

Best time in course: 32:54

Rank in category: 4(of 17)

Best time in the category: 38:46