



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Thorsten Seever**

Club: SG Motor Arnstadt

Number: 152

Course: 9.30 km

Kurze Strecke

Category:

Senioren M50 (50-54)

Total time: 49:40

Speed: 10.87 km/h

Running performance: 5:20 min/km

Rank in course/Total: 78 (of 239)

Rank in course/Men: 62 (of 140)

Best time in course: 32:54

Rank in category: 5(of 17)

Best time in the category: 38:46