



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Kai Herrling**

Club: WalschbergRunners

Number: 56

Course: 9.30 km

Kurze Strecke

Category:

Senioren M50 (50-54)

Total time: 54:35

Speed: 9.89 km/h

Running performance: 5:52 min/km

Rank in course/Total: 123 (of 239)

Rank in course/Men: 88 (of 140)

Best time in course: 32:54

Rank in category: 9(of 17)

Best time in the category: 38:46