



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Thomas Kirpal

Total time: 58:28

Number: 229

Speed: 9.24 km/h

Running performance: 6:17 min/km

Course: 9.30 km

Rank in course/Total: 167 (of 239)

Kurze Strecke

Rank in course/Men: 112 (of 140)

Best time in course: 32:54

Category:

Rank in category: 12(of 17)

Senioren M50 (50-54)

Best time in the category: 38:46