



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Tobias Theuerkauf

Club: KRAFT Runners

Number: 169

Course: 9.30 km

Kurze Strecke

Category:

Senioren M50 (50-54)

Total time: 1:00:50

Speed: 8.88 km/h

Running performance: 6:32 min/km

Rank in course/Total: 186 (of 239)

Rank in course/Men: 121 (of 140)

Best time in course: 32:54

Rank in category: 14(of 17)

Best time in the category: 38:46