



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Bernd Reif**

Club: Laufcombo Reif

Number: 128

Course: 9.30 km

Kurze Strecke

Category:

Senioren M55 (55-59)

Total time: 44:43

Speed: 12.08 km/h

Running performance: 4:48 min/km

Rank in course/Total: 34 (of 239)

Rank in course/Men: 28 (of 140)

Best time in course: 32:54

Rank in category: 3(of 12)

Best time in the category: 39:59