



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Karsten Schwarz

Club: Flinke Gerataler

Number: 151

Course: 9.30 km

Kurze Strecke

Category:

Senioren M55 (55-59)

Total time: 54:04

Speed: 9.99 km/h

Running performance: 5:48 min/km

Rank in course/Total: 119 (of 239)

Rank in course/Men: 85 (of 140)

Best time in course: 32:54

Rank in category: 6(of 12)

Best time in the category: 39:59