



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Ronald Geyer

Total time: 57:57

Number: 39

Speed: 9.32 km/h

Running performance: 6:13 min/km

Course: 9.30 km

Rank in course/Total: 160 (of 239)

Kurze Strecke

Rank in course/Men: 108 (of 140)

Best time in course: 32:54

Category:

Rank in category: 8(of 12)

Senioren M55 (55-59)

Best time in the category: 39:59