



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Ralf Stark

Total time: 59:47

Number: 244

Speed: 9.03 km/h

Running performance: 6:25 min/km

Course: 9.30 km

Rank in course/Total: 183 (of 239)

Kurze Strecke

Rank in course/Men: 119 (of 140)

Best time in course: 32:54

Category:

Rank in category: 9(of 12)

Senioren M55 (55-59)

Best time in the category: 39:59