



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Peter Dittmar

Club: Rhöner WSV

Number: 213

Course: 9.30 km

Kurze Strecke

Category:

Senioren M55 (55-59)

Total time: 1:02:45

Speed: 8.61 km/h

Running performance: 6:44 min/km

Rank in course/Total: 200 (of 239)

Rank in course/Men: 127 (of 140)

Best time in course: 32:54

Rank in category: 11(of 12)

Best time in the category: 39:59