



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Volker Siebenhaar

Number: 198

Course: 9.30 km

Kurze Strecke

Category:

Senioren M60 (60-64)

Total time: 55:10

Speed: 9.79 km/h

Running performance: 5:55 min/km

Rank in course/Total: 130 (of 239)

Rank in course/Men: 91 (of 140)

Best time in course: 32:54

Rank in category: 8(of 10)

Best time in the category: 42:13