



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Volker Siebenhaar

Total time: 55:10

Number: 198

Speed: 9.79 km/h

Running performance: 5:55 min/km

Course: 9.30 km

Rank in course/Total: 130 (of 239)

Kurze Strecke

Rank in course/Men: 91 (of 140)

Best time in course: 32:54

Category:

Rank in category: 8(of 10)

Senioren M60 (60-64)

Best time in the category: 42:13