



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

#### Ramona Witting

Club: Stiftung Wadentest

Number: 187

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W35 (35-39)

Total time: 56:53

Speed: 9.49 km/h

Running performance: 6:06 min/km

Rank in course/Total: 154 (of 239)

Rank in course/Women: 49 (of 99)

Best time in course: 36:18

Rank in category: 6(of 15)

Best time in the category: 36:18