



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Nicole Harnack**

Club: SV 08 Oehrenstock

Number: 51

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W40 (40-44)

Total time: 54:56

Speed: 9.83 km/h

Running performance: 5:54 min/km

Rank in course/Total: 126 (of 239)

Rank in course/Women: 37 (of 99)

Best time in course: 36:18

Rank in category: 8(of 23)

Best time in the category: 41:35