



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Catrin Jacob

Total time: 41:58

Number: 68

Speed: 12.87 km/h

Running performance: 4:30 min/km

Course: 9.30 km

Rank in course/Total: 22 (of 239)

Kurze Strecke

Rank in course/Women: 4 (of 99)

Best time in course: 36:18

Category:

Rank in category: 1(of 11)

Seniorinnen W45 (45-49)

Best time in the category: 41:58