



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Silke Boymann

Total time: 57:28

Number: 17

Speed: 9.40 km/h

Running performance: 6:10 min/km

Course: 9.30 km

Rank in course/Total: 158 (of 239)

Kurze Strecke

Rank in course/Women: 51 (of 99)

Best time in course: 36:18

Category:

Rank in category: 4(of 11)

Seniorinnen W45 (45-49)

Best time in the category: 41:58