



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Marion Dittmar**

Club: Rhöner WSV

Number: 212

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W55 (55-59)

Total time: 1:02:45

Speed: 8.61 km/h

Running performance: 6:44 min/km

Rank in course/Total: 201 (of 239)

Rank in course/Women: 74 (of 99)

Best time in course: 36:18

Rank in category: 11(of 13)

Best time in the category: 46:40