



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Til Luis Fischer

Club: RLT Rodgau

Number: 33

Course: 9.30 km

Kurze Strecke

Category:

Männer (20-29)

Total time: 55:40

Speed: 9.70 km/h

Running performance: 5:59 min/km

Rank in course/Total: 140 (of 239)

Rank in course/Men: 98 (of 140)

Best time in course: 32:54

Rank in category: 9(of 12)

Best time in the category: 33:31