



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Florian Sauer

Total time: 45:01

Number: 217

Speed: 12.00 km/h

Running performance: 4:50 min/km

Course: 9.30 km

Rank in course/Total: 36 (of 239)

Kurze Strecke

Rank in course/Men: 30 (of 140)

Best time in course: 32:54

Category:

Rank in category: 5(of 20)

Senioren M30 (30-34)

Best time in the category: 35:41