



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Philipp Schmidt

Club: PropElla

Number: 146

Course: 9.30 km

Kurze Strecke

Category:

Senioren M30 (30-34)

Total time: 46:29

Speed: 11.62 km/h

Running performance: 4:59 min/km

Rank in course/Total: 44 (of 239)

Rank in course/Men: 38 (of 140)

Best time in course: 32:54

Rank in category: 6(of 20)

Best time in the category: 35:41