



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Tommy Jacob

Club: WSV Ilmenau

Number: 69

Course: 9.30 km

Kurze Strecke

Category:

Senioren M30 (30-34)

Total time: 48:57

Speed: 11.03 km/h

Running performance: 5:15 min/km

Rank in course/Total: 68 (of 239)

Rank in course/Men: 58 (of 140)

Best time in course: 32:54

Rank in category: 9(of 20)

Best time in the category: 35:41