



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Minh Dam Hai

Total time: 55:26

Number: 21

Speed: 9.74 km/h

Running performance: 5:57 min/km

Course: 9.30 km

Rank in course/Total: 138 (of 239)

Kurze Strecke

Rank in course/Men: 95 (of 140)

Best time in course: 32:54

Category:

Rank in category: 14(of 20)

Senioren M30 (30-34)

Best time in the category: 35:41