



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Arne Hansen

Total time: 38:57

Number: 50

Speed: 13.86 km/h

Running performance: 4:11 min/km

Course: 9.30 km

Rank in course/Total: 10 (of 239)

Kurze Strecke

Rank in course/Men: 9 (of 140)

Best time in course: 32:54

Category:

Rank in category: 3(of 15)

Senioren M35 (35-39)

Best time in the category: 35:57