



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Marcel Krieghoff

Club: SC Impuls Erfurt

Number: 88

Course: 9.30 km

Kurze Strecke

Category:

Senioren M40 (40-44)

Total time: 32:54

Speed: 16.41 km/h

Running performance: 3:32 min/km

Rank in course/Total: 1 (of 239)

Rank in course/Men: 1 (of 140)

Best time in course: 32:54

Rank in category: 1(of 23)

Best time in the category: 32:54