



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Tino Melchert

Club: Martinroda

Number: 109

Course: 9.30 km

Kurze Strecke

Category:

Senioren M40 (40-44)

Total time: 53:26

Speed: 10.11 km/h

Running performance: 5:44 min/km

Rank in course/Total: 112 (of 239)

Rank in course/Men: 81 (of 140)

Best time in course: 32:54

Rank in category: 13(of 23)

Best time in the category: 32:54