



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Lars Petzold**

Club: LSV Lok Arnstadt

Number: 239

Course: 9.30 km

Kurze Strecke

Category:

Senioren M40 (40-44)

Total time: 57:17

Speed: 9.74 km/h

Running performance: 6:09 min/km

Rank in course/Total: 157 (of 239)

Rank in course/Men: 107 (of 140)

Best time in course: 32:54

Rank in category: 16(of 23)

Best time in the category: 32:54