



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

#### Benny Saupe

Club: Downtown Jena

Number: 256

Course: 9.30 km

Kurze Strecke

Category:

Senioren M40 (40-44)

Total time: 58:12

Speed: 9.28 km/h

Running performance: 6:15 min/km

Rank in course/Total: 164 (of 239)

Rank in course/Men: 111 (of 140)

Best time in course: 32:54

Rank in category: 17(of 23)

Best time in the category: 32:54