



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

Sebastian Stolze

Total time: 1:06:41

Number: 164

Speed: 8.10 km/h

Running performance: 7:10 min/km

Course: 9.30 km

Rank in course/Total: 219 (of 239)

Kurze Strecke

Rank in course/Men: 131 (of 140)

Best time in course: 32:54

Category:

Rank in category: 21(of 23)

Senioren M40 (40-44)

Best time in the category: 32:54