



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Christian Schwanengel**

Club: TechnoTeam

Number: 247

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49)

Total time: 41:45

Speed: 12.93 km/h

Running performance: 4:29 min/km

Rank in course/Total: 20 (of 239)

Rank in course/Men: 17 (of 140)

Best time in course: 32:54

Rank in category: 1(of 10)

Best time in the category: 41:45