



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Frank Schumann

Total time: 45:02

Number: 150

Speed: 11.99 km/h

Running performance: 4:50 min/km

Course: 9.30 km

Rank in course/Total: 37 (of 239)

Kurze Strecke

Rank in course/Men: 31 (of 140)

Best time in course: 32:54

Category:

Rank in category: 2(of 10)

Senioren M45 (45-49)

Best time in the category: 41:45