



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

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Fabian Paradies

000: 1:10:13

00: Wiesbaden

00: 15.81 km/h

00: 414

0000: 3:47 min/km

00: 18.50 km

00000/000: 2 (of 112)

Lange Strecke

00000/0: 2 (of 87)

000000: 1:03:45

0000:

00000: 2(of 5)

Senioren M30 (30-34) L

0000000: 1:03:45

0000

0000

000

| 000   | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000     | 000    | 00 | 00   | 00 | 00   |
|-------|------|-------|--------|----|------|----|------|-------|---------|--------|----|------|----|------|
|       | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00      | min/km | -  | -    | 0  | 0    |
| Runde | 9.20 | 34:44 | 3:46   | 2  | 3:13 | 2  | 3:13 | 9.20  | 34:44   | 3:46   | 2  | 3:13 | 2  | 3:13 |
| Runde | 9.00 | 34:46 | 3:51   | 2  | 3:09 | 2  | 3:09 | 18.20 | 1:09:30 | 3:49   | 2  | 6:22 | 2  | 6:22 |
| Ziel  | 0.30 | 0:43  | 2:23   | 2  | 0:06 | 5  | 0:06 | 18.50 | 1:10:13 | 3:47   | 2  | 6:28 | 2  | 6:28 |