



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Christoph Schäfer

000: 1:37:31

00: 1. HCV

00: 11.08 km/h

00: 377

0000: 5:16 min/km

00: 18.50 km

00000/000: 48 (of 112)

Lange Strecke

00000/0: 46 (of 87)

0000:

00000: 1:03:45

Senioren M35 (35-39) L

00000: 5(of 9)

0000000: 1:15:09

0000

0000

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| 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 | 47:55 | 5:12 | 6 | 11:43 | 48 | 16:24 | 9.20 | 47:55 | 5:12 | 6 | 11:43 | 48 | 16:24 |
| Runde | 9.00 | 48:40 | 5:24 | 5 | 10:26 | 41 | 17:03 | 18.20 | 1:36:35 | 5:18 | 5 | 22:09 | 46 | 33:27 |
| Ziel | 0.30 | 0:56 | 3:06 | 6 | 0:13 | 45 | 0:19 | 18.50 | 1:37:31 | 5:16 | 5 | 22:22 | 46 | 33:46 |