



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Andy Lüdecke

00: N3 Sportverein

00: 356

00: 18.50 km

Lange Strecke

0000:

Senioren M40 (40-44) L

000: 1:29:51

00: 12.02 km/h

0000: 4:51 min/km

00000/000: 27 (of 112)

00000/0: 26 (of 87)

000000: 1:03:45

00000: 7(of 19)

0000000: 1:12:53

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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 | 43:06 | 4:41 | 8 | 6:58 | 25 | 11:35 | 9.20 | 43:06 | 4:41 | 8 | 6:58 | 25 | 11:35 |
| Runde | 9.00 | 45:54 | 5:05 | 8 | 9:50 | 29 | 14:17 | 18.20 | 1:29:00 | 4:53 | 7 | 16:48 | 26 | 25:52 |
| Ziel | 0.30 | 0:51 | 2:50 | 9 | 0:10 | 29 | 0:14 | 18.50 | 1:29:51 | 4:51 | 7 | 16:58 | 26 | 26:06 |