



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Sascha Grune

000: 1:35:53

00: Rennsteig-Borussen

00: 11.26 km/h

00: 48

0000: 5:10 min/km

00: 18.50 km

00000/000: 43 (of 112)

Lange Strecke

00000/0: 41 (of 87)

0000:

00000: 1:03:45

Senioren M40 (40-44) L

00000: 12(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 | 46:51 | 5:05 | 11 | 10:43 | 45 | 15:20 | 9.20 | 46:51 | 5:05 | 11 | 10:43 | 45 | 15:20 |
| Runde | 9.00 | 48:08 | 5:20 | 12 | 12:04 | 38 | 16:31 | 18.20 | 1:34:59 | 5:13 | 12 | 22:47 | 41 | 31:51 |
| Ziel | 0.30 | 0:54 | 3:00 | 12 | 0:13 | 43 | 0:17 | 18.50 | 1:35:53 | 5:10 | 12 | 23:00 | 41 | 32:08 |