



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Sebastian Petermann

000: 1:38:40

00: Kesselbrunn Runners

00: 10.95 km/h

00: 369

0000: 5:20 min/km

00: 18.50 km

00000/000: 53 (of 112)

Lange Strecke

00000/0: 49 (of 87)

000000: 1:03:45

0000:

00000: 13(of 19)

Senioren M40 (40-44) L

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 | 48:19 | 5:15 | 14 | 12:11 | 54 | 16:48 | 9.20 | 48:19 | 5:15 | 14 | 12:11 | 54 | 16:48 |
| Runde | 9.00 | 49:22 | 5:29 | 13 | 13:18 | 47 | 17:45 | 18.20 | 1:37:41 | 5:22 | 13 | 25:29 | 49 | 34:33 |
| Ziel | 0.30 | 0:59 | 3:16 | 16 | 0:18 | 55 | 0:22 | 18.50 | 1:38:40 | 5:20 | 13 | 25:47 | 49 | 34:55 |