



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Vladislav Iakovlev

000: 1:28:37

00: 339

00: 12.19 km/h

0000: 4:47 min/km

00: 18.50 km

00000/000: 24 (of 112)

Lange Strecke

00000/0: 23 (of 87)

000000: 1:03:45

0000:

00000: 5(of 13)

Senioren M45 (45-49) L

0000000: 1:15:52

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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 | 44:03 | 4:47 | 5 | 6:47 | 28 | 12:32 | 9.20 | 44:03 | 4:47 | 5 | 6:47 | 28 | 12:32 |
| Runde | 9.00 | 43:47 | 4:51 | 4 | 6:00 | 21 | 12:10 | 18.20 | 1:27:50 | 4:49 | 5 | 12:47 | 23 | 24:42 |
| Ziel | 0.30 | 0:47 | 2:36 | 1 | - | 14 | 0:10 | 18.50 | 1:28:37 | 4:47 | 5 | 12:45 | 23 | 24:52 |