



# 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Andre Hähnlein

000: 1:38:20

00: Concordia Gräfenhain

00: 10.98 km/h

00: 328

0000: 5:18 min/km

00: 18.50 km

00000/000: 52 (of 112)

Lange Strecke

00000/0: 48 (of 87)

000000: 1:03:45

0000:

00000: 9(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 | 46:34 | 5:03   | 7  | 9:18  | 43 | 15:03 | 9.20  | 46:34   | 5:03   | 7  | 9:18  | 43 | 15:03 |
| Runde | 9.00 | 50:47 | 5:38   | 9  | 13:00 | 50 | 19:10 | 18.20 | 1:37:21 | 5:20   | 9  | 22:18 | 48 | 34:13 |
| Ziel  | 0.30 | 0:59  | 3:16   | 10 | 0:12  | 55 | 0:22  | 18.50 | 1:38:20 | 5:18   | 9  | 22:28 | 48 | 34:35 |