



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Jens Schmidt

000: 1:36:24

00: LTV Erfurt

00: 11.51 km/h

00: 381

0000: 5:12 min/km

00: 18.50 km

00000/000: 45 (of 112)

Lange Strecke

00000/0: 43 (of 87)

000000: 1:03:45

0000:

00000: 6(of 13)

Senioren M50 (50-54) L

0000000: 1:24:35

0000

0000

000

| 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 | 44:51 | 4:52 | 5 | 3:39 | 31 | 13:20 | 9.20 | 44:51 | 4:52 | 5 | 3:39 | 31 | 13:20 |
| Runde | 9.00 | 50:33 | 5:36 | 8 | 8:01 | 49 | 18:56 | 18.20 | 1:35:24 | 5:14 | 6 | 11:40 | 43 | 32:16 |
| Ziel | 0.30 | 1:00 | 3:20 | 9 | 0:12 | 57 | 0:23 | 18.50 | 1:36:24 | 5:12 | 6 | 11:49 | 43 | 32:39 |