



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

0000

Heike Planke

000: 2:08:47

00: 370

00: 8.39 km/h

0000: 6:57 min/km

00: 18.50 km

00000/000: 109 (of 112)

Lange Strecke

00000/0: 23 (of 25)

000000: 1:19:43

0000:

00000: 4(of 4)

Seniorinnen W55 (55-59) L

0000000: 1:42:19

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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 | 59:35 | 6:28 | 4 | 8:45 | 22 | 20:13 | 9.20 | 59:35 | 6:28 | 4 | 8:45 | 22 | 20:13 |
| Runde | 9.00 | 1:07:49 | 7:32 | 4 | 17:16 | 23 | 28:12 | 18.20 | 2:07:24 | 7:00 | 4 | 26:01 | 23 | 48:25 |
| Ziel | 0.30 | 1:23 | 4:36 | 4 | 0:27 | 25 | 0:39 | 18.50 | 2:08:47 | 6:57 | 4 | 26:28 | 23 | 49:04 |