



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Holland, Holger

Club: Let's Do It Germany
Number: 189

Course: 9.50 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:58

Speed: 10.39 km/h
Running performance: 5:28 min/km

Rank in course/Total: 107 (of 186)

Rank in course/Men: 89 (of 123)

Best time in course: 32:27

Rank in category: 10(of 12)

Best time in the category: 37:08