



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Liedmann, Matthias

Club: Nightrunner
Number: 190

Course: 9.50 km
Kurze Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:10

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 130 (of 186)

Rank in course/Men: 101 (of 123)

Best time in course: 32:27

Rank in category: 10(of 14)

Best time in the category: 38:08