



17. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 154

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M60 (60-64 Jahre)

Total time: 57:29

Speed: 9.39 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 141 (of 186)

Rank in course/Men: 106 (of 123)

Best time in course: 32:27

Rank in category: 7(of 7)

Best time in the category: 38:27