



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Ziegler, Hans-Joachim

Club: TSG/WSC 07 Ruhla
Number: 186

Course: 9.50 km
Kurze Strecke

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:00:06

Speed: 8.99 km/h
Running performance: 6:20 min/km

Rank in course/Total: 155 (of 186)

Rank in course/Men: 113 (of 123)

Best time in course: 32:27

Rank in category: 4(of 5)

Best time in the category: 42:53