



17. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Krämer, Sascha

Club: Dream Team Ilmenau  
Number: 92

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 45:48

Speed: 11.79 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 52 (of 186)

Rank in course/Men: 49 (of 123)

Best time in course: 32:27

Rank in category: 6(of 15)

Best time in the category: 36:42