



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Knabe, Ingo

Club: Thüringen - Gotha
Number: 85

Course: 9.50 km
Kurze Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 46:05

Speed: 11.72 km/h
Running performance: 4:51 min/km

Rank in course/Total: 54 (of 186)

Rank in course/Men: 51 (of 123)

Best time in course: 32:27

Rank in category: 6(of 14)

Best time in the category: 38:08