



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Rädel, Jörg

Club: SV Eintracht Frankenhain
Number: 152

Course: 9.50 km
Kurze Strecke

Category:
Senioren M50 (50-54)

Total time: 51:08

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 103 (of 248)

Rank in course/Men: 82 (of 152)

Best time in course: 33:01

Rank in category: 11(of 14)

Best time in the category: 39:03