



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bauer, Sebastian

Number: 9

Course: 9.50 km
Kurze Strecke

Category:
Senioren M40 (40-44)

Total time: 51:49

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 113 (of 248)

Rank in course/Men: 89 (of 152)

Best time in course: 33:01

Rank in category: 12(of 15)

Best time in the category: 35:21