



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Freitag, Thomas

Club: Freitags Family  
Number: 51

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M55 (55-59)

Total time: 52:06

Speed: 10.36 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 117 (of 248)

Rank in course/Men: 91 (of 152)

Best time in course: 33:01

Rank in category: 11(of 21)

Best time in the category: 40:24