



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Herrling, Kai

Club: WalschbergRunners  
Number: 241

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M45 (45-49)

Total time: 52:26

Speed: 10.30 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 121 (of 248)

Rank in course/Men: 94 (of 152)

Best time in course: 33:01

Rank in category: 16(of 18)

Best time in the category: 35:01