



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

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Number: 74

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M35 (35-39)

Total time: 52:57

Speed: 10.76 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 128 (of 248)

Rank in course/Men: 99 (of 152)

Best time in course: 33:01

Rank in category: 8(of 11)

Best time in the category: 33:01