



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Henkel, Ottmar

Number: 81

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M70 (70-74)

Total time: 53:13

Speed: 10.15 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 135 (of 248)

Rank in course/Men: 105 (of 152)

Best time in course: 33:01

Rank in category: 3(of 6)

Best time in the category: 43:42