



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schwarz, Karsten

Club: Flinke Gerataler  
Number: 179

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M55 (55-59)

Total time: 53:03

Speed: 10.18 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 132 (of 248)

Rank in course/Men: 102 (of 152)

Best time in course: 33:01

Rank in category: 13(of 21)

Best time in the category: 40:24