



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Ratdke, Karsten

Club: Gräfinau Angstädt
Number: 226

Course: 9.50 km
Kurze Strecke

Category:
Senioren M60 (60-64)

Total time: 53:40

Speed: 10.06 km/h
Running performance: 5:39 min/km

Rank in course/Total: 143 (of 248)

Rank in course/Men: 110 (of 152)

Best time in course: 33:01

Rank in category: 8(of 15)

Best time in the category: 43:27