



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lorenz-Dietz, Frank

Club: Vaihingen an der Enz  
Number: 245

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M50 (50-54)

Total time: 53:55

Speed: 10.02 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 147 (of 248)

Rank in course/Men: 111 (of 152)

Best time in course: 33:01

Rank in category: 13(of 14)

Best time in the category: 39:03