



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Ostertag, Steffen

Club: Sportclub Laage
Number: 145

Course: 9.50 km
Kurze Strecke

Category:
Senioren M55 (55-59)

Total time: 54:34

Speed: 10.45 km/h
Running performance: 5:44 min/km

Rank in course/Total: 153 (of 248)

Rank in course/Men: 115 (of 152)

Best time in course: 33:01

Rank in category: 14(of 21)

Best time in the category: 40:24