



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Melchert, Volkmar

Club: Die flinken Gerataler
Number: 136

Course: 9.50 km
Kurze Strecke

Category:
Senioren M70 (70-74)

Total time: 55:25

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 157 (of 248)

Rank in course/Men: 116 (of 152)

Best time in course: 33:01

Rank in category: 4(of 6)

Best time in the category: 43:42