



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Stephan, Michael

Club: Schönstedt  
Number: 486

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M60 (60-64)

Total time: 55:39

Speed: 10.24 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 158 (of 248)

Rank in course/Men: 117 (of 152)

Best time in course: 33:01

Rank in category: 10(of 15)

Best time in the category: 43:27