



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: 9.70 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