



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Siebenhaar, Volker

Number: 184

Course: 9.50 km
Kurze Strecke

Category:
Senioren M60 (60-64)

Total time: 56:33

Speed: 9.55 km/h
Running performance: 5:57 min/km

Rank in course/Total: 165 (of 248)

Rank in course/Men: 121 (of 152)

Best time in course: 33:01

Rank in category: 12(of 15)

Best time in the category: 43:27