



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Rieckhof, Marvin

Number: 156

Course: 9.50 km

Kurze Strecke

Category:

Senioren M30 (30-34)

Total time: 56:21

Speed: 9.58 km/h

Running performance: 5:56 min/km

Rank in course/Total: 161 (of 248)

Rank in course/Men: 120 (of 152)

Best time in course: 33:01

Rank in category: 12(of 14)

Best time in the category: 37:40