



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

**Reif, Bernd**

Club: Laufcombo Reif /Siebleben  
Number: 153

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M50 (50-54)

Total time: 41:59

Speed: 12.86 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 16 (of 248)

Rank in course/Men: 14 (of 152)

Best time in course: 33:01

Rank in category: 2(of 14)

Best time in the category: 39:03