



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

**Bauch, Alexander**

Club: TSV Nussdorf  
Number: 7

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M40 (40-44)

Total time: 42:04

Speed: 12.84 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 17 (of 248)

Rank in course/Men: 15 (of 152)

Best time in course: 33:01

Rank in category: 4(of 15)

Best time in the category: 35:21