



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heydt, Olaf

Club: Heydter Fighter  
Number: 92

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M55 (55-59)

Total time: 57:57

Speed: 9.84 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 188 (of 248)

Rank in course/Men: 127 (of 152)

Best time in course: 33:01

Rank in category: 17(of 21)

Best time in the category: 40:24