



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Enders, Holger

Number: 38

Course: 9.50 km

Kurze Strecke

Category:

Senioren M55 (55-59)

Total time: 58:54

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 197 (of 248)

Rank in course/Men: 131 (of 152)

Best time in course: 33:01

Rank in category: 18(of 21)

Best time in the category: 40:24