



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Schumann, Frank

Number: 178

Course: 9.50 km

Kurze Strecke

Category:

Senioren M45 (45-49)

Total time: 42:43

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 19 (of 248)

Rank in course/Men: 17 (of 152)

Best time in course: 33:01

Rank in category: 2(of 18)

Best time in the category: 35:01