



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Ziegler, Hans-Joachim

Number: 214

Course: 9.50 km
Kurze Strecke

Category:
Senioren M70 (70-74)

Total time: 1:03:15

Speed: 8.54 km/h

Running performance: 6:40 min/km

Rank in course/Total: 218 (of 248)

Rank in course/Men: 137 (of 152)

Best time in course: 33:01

Rank in category: 5(of 6)

Best time in the category: 43:42