



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 31

Course: 9.50 km

Kurze Strecke

Category:

Senioren M80 (80-84)

Total time: 1:04:25

Speed: 8.38 km/h

Running performance: 6:47 min/km

Rank in course/Total: 223 (of 248)

Rank in course/Men: 142 (of 152)

Best time in course: 33:01

Rank in category: 1(of 1)

Best time in the category: 1:04:25