



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Ebinger, Dr. Ingwer

Number: 34

Course: 9.50 km

Kurze Strecke

Category:

Senioren M60 (60-64)

Total time: 1:05:49

Speed: 8.20 km/h

Running performance: 6:56 min/km

Rank in course/Total: 227 (of 248)

Rank in course/Men: 143 (of 152)

Best time in course: 33:01

Rank in category: 14(of 15)

Best time in the category: 43:27