



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Lindenlaub, Ralf

Number: 128

Course: 9.50 km

Kurze Strecke

Category:

Senioren M45 (45-49)

Total time: 43:49

Speed: 12.32 km/h

Running performance: 4:37 min/km

Rank in course/Total: 27 (of 248)

Rank in course/Men: 24 (of 152)

Best time in course: 33:01

Rank in category: 3(of 18)

Best time in the category: 35:01