



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Keyser, Nicky

Number: 106

Course: 9.50 km

Kurze Strecke

Category:

Senioren M50 (50-54)

Total time: 44:16

Speed: 12.20 km/h

Running performance: 4:40 min/km

Rank in course/Total: 30 (of 248)

Rank in course/Men: 27 (of 152)

Best time in course: 33:01

Rank in category: 4(of 14)

Best time in the category: 39:03