



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

### Detailed evaluation

Krannich, Ingmar

Club: VfL Lingen  
Number: 110

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M45 (45-49)

Total time: 35:01

Speed: 15.42 km/h  
Running performance: 3:41 min/km

Rank in course/Total: 2 (of 248)

Rank in course/Men: 2 (of 152)

Best time in course: 33:01

Rank in category: 1(of 18)

Best time in the category: 35:01