



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Volkmar, Sebastian

Number: 199

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M45 (45-49)

Total time: 44:28

Speed: 12.82 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 33 (of 248)

Rank in course/Men: 29 (of 152)

Best time in course: 33:01

Rank in category: 4(of 18)

Best time in the category: 35:01