



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Siebenhaar, Tobias

Number: 183

Course: 9.50 km  
Kurze Strecke

Category:  
Männer (20-29)

Total time: 44:44

Speed: 12.07 km/h

Running performance: 4:43 min/km

Rank in course/Total: 34 (of 248)

Rank in course/Men: 30 (of 152)

Best time in course: 33:01

Rank in category: 4(of 14)

Best time in the category: 41:56