



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Raab, Mathias

Club: Lauffreiw. Plaue
Number: 150

Course: 9.50 km
Kurze Strecke

Category:
Senioren M30 (30-34)

Total time: 45:17

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 41 (of 248)

Rank in course/Men: 37 (of 152)

Best time in course: 33:01

Rank in category: 4(of 14)

Best time in the category: 37:40