



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Jäger, Birko

Club: H&A Telefontechnik
Number: 100

Course: 9.50 km
Kurze Strecke

Category:
Senioren M60 (60-64)

Total time: 45:45

Speed: 11.80 km/h
Running performance: 4:49 min/km

Rank in course/Total: 42 (of 248)

Rank in course/Men: 38 (of 152)

Best time in course: 33:01

Rank in category: 2(of 15)

Best time in the category: 43:27