



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kirst, Steffen

Club: SV 90 Gräfenroda
Number: 224

Course: 9.50 km
Kurze Strecke

Category:
Senioren M45 (45-49)

Total time: 46:00

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 47 (of 248)

Rank in course/Men: 43 (of 152)

Best time in course: 33:01

Rank in category: 7(of 18)

Best time in the category: 35:01