



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kruse, Markus

Total time: 46:53

Number: 116

Speed: 11.52 km/h

Running performance: 4:56 min/km

Course: 9.50 km

Rank in course/Total: 54 (of 248)

Kurze Strecke

Rank in course/Men: 49 (of 152)

Category:

Best time in course: 33:01

Senioren M30 (30-34)

Rank in category: 5(of 14)

Best time in the category: 37:40