



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heintz, Jens

Number: 77

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M45 (45-49)

Total time: 47:04

Speed: 11.47 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 56 (of 248)

Rank in course/Men: 50 (of 152)

Best time in course: 33:01

Rank in category: 8(of 18)

Best time in the category: 35:01