



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

**Krauß, Dominik**

Club: SV 90 Gräfenroda  
Number: 225

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M45 (45-49)

Total time: 47:11

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 57 (of 248)

Rank in course/Men: 51 (of 152)

Best time in course: 33:01

Rank in category: 9(of 18)

Best time in the category: 35:01