



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Zühlke, Christian

Club: Auslaufmodelle e.V.  
Number: 489

Course: 9.50 km  
Kurze Strecke

Category:  
Senioren M40 (40-44)

Total time: 48:14

Speed: 11.20 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 69 (of 248)

Rank in course/Men: 58 (of 152)

Best time in course: 33:01

Rank in category: 7(of 15)

Best time in the category: 35:21