



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Mämpel, Jörg

Number: 133

Course: 9.50 km

Kurze Strecke

Category:

Senioren M40 (40-44)

Total time: 48:23

Speed: 11.16 km/h

Running performance: 5:05 min/km

Rank in course/Total: 71 (of 248)

Rank in course/Men: 60 (of 152)

Best time in course: 33:01

Rank in category: 8(of 15)

Best time in the category: 35:21