



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Enders, Ingo

Club: JIMM

Number: 39

Course: 9.50 km

Kurze Strecke

Category:

Senioren M55 (55-59)

Total time: 49:01

Speed: 11.02 km/h

Running performance: 5:10 min/km

Rank in course/Total: 76 (of 248)

Rank in course/Men: 63 (of 152)

Best time in course: 33:01

Rank in category: 4(of 21)

Best time in the category: 40:24