



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Furch, Norbert

Club: Die Bügeleisenbande
Number: 55

Course: 9.50 km
Kurze Strecke

Category:
Senioren M40 (40-44)

Total time: 49:23

Speed: 11.54 km/h
Running performance: 5:12 min/km

Rank in course/Total: 80 (of 248)

Rank in course/Men: 66 (of 152)

Best time in course: 33:01

Rank in category: 9(of 15)

Best time in the category: 35:21