



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Berlt, Steffen

Number: 17

Course: 9.50 km

Kurze Strecke

Category:

Senioren M45 (45-49)

Total time: 49:26

Speed: 10.92 km/h

Running performance: 5:12 min/km

Rank in course/Total: 82 (of 248)

Rank in course/Men: 68 (of 152)

Best time in course: 33:01

Rank in category: 12(of 18)

Best time in the category: 35:01