



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Raab, Rainer

Club: Lauftreff Plaue
Number: 151

Course: 9.50 km
Kurze Strecke

Category:
Senioren M60 (60-64)

Total time: 49:42

Speed: 11.47 km/h
Running performance: 5:14 min/km

Rank in course/Total: 84 (of 248)

Rank in course/Men: 69 (of 152)

Best time in course: 33:01

Rank in category: 6(of 15)

Best time in the category: 43:27