



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bode, Tobias

Club: Haindorfer Sportverein
Number: 19

Course: 9.50 km
Kurze Strecke

Category:
Senioren M30 (30-34)

Total time: 49:47

Speed: 10.85 km/h
Running performance: 5:14 min/km

Rank in course/Total: 87 (of 248)

Rank in course/Men: 71 (of 152)

Best time in course: 33:01

Rank in category: 7(of 14)

Best time in the category: 37:40