



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heinrich, Andreas

Club: Walschberg Runners
Number: 240

Course: 9.50 km
Kurze Strecke

Category:
Senioren M45 (45-49)

Total time: 49:54

Speed: 10.82 km/h
Running performance: 5:15 min/km

Rank in course/Total: 89 (of 248)

Rank in course/Men: 73 (of 152)

Best time in course: 33:01

Rank in category: 14(of 18)

Best time in the category: 35:01