



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

0000

HERRMANN, Maik

00: sc impuls erfurt

00: 393

00: 18.50 km

Lange Strecke

0000:

Senioren M40 (40-44 Jahre)

000: 1:21:04

00: 13.32 km/h

0000: 4:23 min/km

00000/000: 16 (of 144)

00000/0: 16 (of 118)

000000: 1:06:50

00000: 3(of 18)

0000000: 1:14:46

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| 000   | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000     | 000    | 00 | 00   | 00 | 00    |
|-------|------|-------|--------|----|------|----|------|-------|---------|--------|----|------|----|-------|
|       | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00      | min/km | -  | -    | 0  | 0     |
| Runde | 9.30 | 40:06 | 4:18   | 3  | 3:30 | 18 | 7:07 | 9.30  | 40:06   | 4:18   | 3  | 3:30 | 18 | 7:07  |
| Runde | 9.00 | 40:23 | 4:29   | 3  | 2:59 | 18 | 7:09 | 18.30 | 1:20:29 | 4:23   | 3  | 6:29 | 16 | 14:16 |
| Ziel  | 0.20 | 0:35  | 2:54   | 1  | -    | 1  | -    | 18.50 | 1:21:04 | 4:22   | 3  | 6:18 | 16 | 14:14 |