



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

0000

GROSSMANN, Florian

000: 1:29:44

00: Langewiesen

00: 12.37 km/h

00: 381

0000: 4:51 min/km

00: 18.50 km

00000/000: 45 (of 144)

Lange Strecke

00000/0: 44 (of 118)

000000: 1:06:50

0000:

00000: 8(of 13)

Senioren M30 (30-34 Jahre)

0000000: 1:09:17

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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 | 42:18 | 4:32   | 4  | 8:22  | 27 | 9:19  | 9.30  | 42:18   | 4:32   | 4  | 8:22  | 27 | 9:19  |
| Runde | 9.00 | 46:34 | 5:10   | 11 | 11:51 | 61 | 13:20 | 18.30 | 1:28:52 | 4:51   | 8  | 20:13 | 44 | 22:39 |
| Ziel  | 0.20 | 0:52  | 4:19   | 9  | 0:15  | 60 | 0:17  | 18.50 | 1:29:44 | 4:51   | 8  | 20:27 | 44 | 22:54 |