



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

0000

ENDERS, Benjamin

00: WSV Ilmenau Alpine

00: 369

00: 18.50 km

Lange Strecke

0000:

Männer (20-29 Jahre)

000: 1:34:45

00: 11.40 km/h

0000: 5:07 min/km

00000/000: 71 (of 144)

00000/0: 67 (of 118)

000000: 1:06:50

00000: 9(of 12)

0000000: 1:08:12

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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 | 48:00 | 5:09 | 9 | 14:22 | 75 | 15:01 | 9.30 | 48:00 | 5:09 | 9 | 14:22 | 75 | 15:01 |
| Runde | 9.00 | 46:05 | 5:07 | 7 | 12:14 | 53 | 12:51 | 18.30 | 1:34:05 | 5:08 | 9 | 26:36 | 68 | 27:52 |
| Ziel | 0.20 | 0:40 | 3:19 | 2 | 0:01 | 8 | 0:05 | 18.50 | 1:34:45 | 5:07 | 9 | 26:33 | 67 | 27:55 |