



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

0000

HAGNER, Lutz

00: Stadtilm

00: 383

00: 18.50 km

Lange Strecke

0000:

Senioren M55 (55-59 Jahre)

000: 1:37:14

00: 11.11 km/h

0000: 5:16 min/km

00000/000: 81 (of 144)

00000/0: 76 (of 118)

000000: 1:06:50

00000: 2(of 11)

0000000: 1:37:12

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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 | 47:47 | 5:08 | 2 | 0:27 | 73 | 14:48 | 9.30 | 47:47 | 5:08 | 2 | 0:27 | 73 | 14:48 |
| Runde | 9.00 | 48:33 | 5:23 | 2 | 1:04 | 74 | 15:19 | 18.30 | 1:36:20 | 5:15 | 1 | - | 75 | 30:07 |
| Ziel | 0.20 | 0:54 | 4:30 | 3 | 0:06 | 70 | 0:19 | 18.50 | 1:37:14 | 5:15 | 2 | 0:02 | 76 | 30:24 |