



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

0000

KREBS, Daniel

00: GMRLV

00: 405

00: 18.50 km

Lange Strecke

0000:

Senioren M40 (40-44 Jahre)

000: 1:40:38

00: 11.03 km/h

0000: 5:26 min/km

00000/000: 91 (of 144)

00000/0: 85 (of 118)

000000: 1:06:50

00000: 14(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 | 49:33 | 5:19 | 15 | 12:57 | 89 | 16:34 | 9.30 | 49:33 | 5:19 | 15 | 12:57 | 89 | 16:34 |
| Runde | 9.00 | 50:15 | 5:34 | 13 | 12:51 | 84 | 17:01 | 18.30 | 1:39:48 | 5:27 | 14 | 25:48 | 85 | 33:35 |
| Ziel | 0.20 | 0:50 | 4:10 | 9 | 0:15 | 49 | 0:15 | 18.50 | 1:40:38 | 5:26 | 14 | 25:52 | 85 | 33:48 |