



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

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Schönborn, Frank

00: Lauffreunde Gotha

00: 492

00: 18.50 km

Lange Strecke

0000:

Senioren M45 (45-49 Jahre)

000: 1:14:48

00: 14.44 km/h

0000: 4:02 min/km

00000/000: 7 (of 149)

00000/0: 7 (of 122)

000000: 1:10:12

00000: 1(of 16)

0000000: 1:14:48

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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 | 36:29 | 3:55 | 1 | - | 5 | 2:05 | 9.30 | 36:29 | 3:55 | 1 | - | 5 | 2:05 |
| Runde | 9.00 | 37:37 | 4:10 | 1 | - | 8 | 2:30 | 18.30 | 1:14:06 | 4:02 | 1 | - | 7 | 4:35 |
| Ziel | 0.20 | 0:42 | 3:29 | 2 | 0:04 | 6 | 0:04 | 18.50 | 1:14:48 | 4:02 | 1 | - | 7 | 4:36 |