



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

0000

Luderer, Mathias

00: Trailrunning-Crew Thüringen

00: 311

00: 18.50 km

Lange Strecke

0000:

Senioren M35 (35-39 Jahre)

000: 1:16:28

00: 14.12 km/h

0000: 4:08 min/km

00000/000: 9 (of 75)

00000/0: 9 (of 57)

000000: 59:36

00000: 4(of 6)

0000000: 59:36

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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 | 37:48 | 4:03 | 4 | 7:53 | 9 | 7:53 | 9.30 | 37:48 | 4:03 | 7 | 7:53 | 58 | 7:53 |
| Runde | 9.00 | 37:57 | 4:13 | 4 | 8:50 | 9 | 8:50 | 18.30 | 1:15:45 | 4:08 | 7 | 16:43 | 57 | 16:43 |
| Ziel | 0.20 | 0:43 | 3:34 | 4 | 0:09 | 11 | 0:09 | 18.50 | 1:16:28 | 4:08 | 4 | 16:52 | 9 | 16:52 |