



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

0000

Alte, Nico

00: Gräfenroda
 00: 270

00: 18.50 km
 Lange Strecke

0000:
 Senioren M45 (45-49 Jahre)

000: 1:25:11

00: 13.03 km/h
 0000: 4:36 min/km

00000/000: 19 (of 75)

00000/0: 19 (of 57)

000000: 59:36

00000: 3(of 9)

0000000: 1:19:53

0000

0000

000

| 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 | 42:16 | 4:32 | 4 | 2:22 | 20 | 12:21 | 9.30 | 42:16 | 4:32 | 10 | 2:22 | 58 | 12:21 |
| Runde | 9.00 | 42:11 | 4:41 | 4 | 3:06 | 21 | 13:04 | 18.30 | 1:24:27 | 4:36 | 10 | 5:28 | 57 | 25:25 |
| Ziel | 0.20 | 0:44 | 3:39 | 1 | - | 16 | 0:10 | 18.50 | 1:25:11 | 4:36 | 3 | 5:18 | 19 | 25:35 |