



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

0000

Vater, Georg

00: Rennsteiglaufverein Suhl

00: 345

00: 18.50 km

Lange Strecke

0000:

Senioren M50 (50-54 Jahre)

000: 1:43:06

00: 10.48 km/h

0000: 5:34 min/km

00000/000: 52 (of 75)

00000/0: 47 (of 57)

000000: 59:36

00000: 10(of 10)

0000000: 1:14:14

0000

0000

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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 | 49:14 | 5:17 | 10 | 12:05 | 44 | 19:19 | 9.30 | 49:14 | 5:17 | 11 | 12:05 | 58 | 19:19 |
| Runde | 9.00 | 52:55 | 5:52 | 10 | 16:31 | 50 | 23:48 | 18.30 | 1:42:09 | 5:34 | 11 | 28:36 | 57 | 43:07 |
| Ziel | 0.20 | 0:57 | 4:44 | 9 | 0:19 | 45 | 0:23 | 18.50 | 1:43:06 | 5:34 | 10 | 28:52 | 47 | 43:30 |