



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

0000

Schönborn, Frank

00: Lauffreunde Gotha

00: 319

00: 18.50 km

Lange Strecke

0000:

Senioren M50 (50-54)

000: 1:19:42

00: 13.55 km/h

0000: 4:19 min/km

00000/000: 16 (of 116)

00000/0: 15 (of 94)

000000: 1:06:23

00000: 2(of 19)

0000000: 1:14:41

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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 | 39:06 | 4:12 | 2 | 2:25 | 12 | 6:21 | 9.30 | 39:06 | 4:12 | 2 | 2:25 | 12 | 6:21 |
| Runde | 9.00 | 39:52 | 4:25 | 3 | 2:34 | 20 | 6:53 | 18.30 | 1:18:58 | 4:18 | 2 | 4:59 | 15 | 13:14 |
| Ziel | 0.20 | 0:44 | 3:39 | 2 | 0:02 | 11 | 0:05 | 18.50 | 1:19:42 | 4:18 | 2 | 5:01 | 15 | 13:19 |