



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

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Klein, Werner

00: 288

00: 18.50 km
 Lange Strecke

0000:
 Senioren M65 (65-69)

000: 1:36:55

00: 11.14 km/h
 0000: 5:14 min/km

00000/000: 61 (of 116)

00000/0: 54 (of 94)

000000: 1:06:23

00000: 2(of 4)

0000000: 1:30:38

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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 | 47:35 | 5:06 | 2 | 2:56 | 53 | 14:50 | 9.30 | 47:35 | 5:06 | 2 | 2:56 | 53 | 14:50 |
| Runde | 9.00 | 48:24 | 5:22 | 2 | 3:20 | 52 | 15:25 | 18.30 | 1:35:59 | 5:14 | 2 | 6:16 | 54 | 30:15 |
| Ziel | 0.20 | 0:56 | 4:39 | 4 | 0:02 | 62 | 0:17 | 18.50 | 1:36:55 | 5:14 | 2 | 6:17 | 54 | 30:32 |