



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

0000

Junghanns, Gerd

00: Sport und Badverein Vollmershain
 00: 286

00: 18.50 km
 Lange Strecke

0000:
 Senioren M65 (65-69)

000: 1:41:54

00: 10.60 km/h
 0000: 5:31 min/km

00000/000: 70 (of 116)

00000/0: 61 (of 94)

000000: 1:06:23

00000: 3(of 4)

0000000: 1:30:38

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 | 51:12 | 5:30 | 3 | 6:33 | 65 | 18:27 | 9.30 | 51:12 | 5:30 | 3 | 6:33 | 65 | 18:27 |
| Runde | 9.00 | 49:48 | 5:31 | 3 | 4:44 | 57 | 16:49 | 18.30 | 1:41:00 | 5:31 | 3 | 11:17 | 61 | 35:16 |
| Ziel | 0.20 | 0:54 | 4:30 | 1 | - | 53 | 0:15 | 18.50 | 1:41:54 | 5:30 | 3 | 11:16 | 61 | 35:31 |