



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

0000

Vater, Georg

00: Rennsteiglaufverein/Suhl

00: 330

00: 18.50 km

Lange Strecke

0000:

Senioren M55 (55-59)

000: 1:45:47

00: 10.21 km/h

0000: 5:43 min/km

00000/000: 80 (of 116)

00000/0: 68 (of 94)

000000: 1:06:23

00000: 6(of 11)

0000000: 1:20:36

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 | 50:56 | 5:28 | 7 | 10:13 | 64 | 18:11 | 9.30 | 50:56 | 5:28 | 7 | 10:13 | 64 | 18:11 |
| Runde | 9.00 | 53:57 | 5:59 | 6 | 14:49 | 71 | 20:58 | 18.30 | 1:44:53 | 5:43 | 6 | 25:02 | 68 | 39:09 |
| Ziel | 0.20 | 0:54 | 4:30 | 6 | 0:09 | 53 | 0:15 | 18.50 | 1:45:47 | 5:43 | 6 | 25:11 | 68 | 39:24 |