



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Sachs, Frank

Club: Dream Team Ilmenau  
Number: 156

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 44:47

Speed: 12.06 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 168 (of 404)

Rank in course/Men: 96 (of 306)

Best time in course: 32:04

Rank in category: 11(of 39)

Best time in the category: 36:21