



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Held, Thoralf

Club: SSV Erfurt 02
Number: 308

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:55

Speed: 12.02 km/h
Running performance: 4:50 min/km

Rank in course/Total: 172 (of 404)

Rank in course/Men: 100 (of 306)

Best time in course: 32:04

Rank in category: 13(of 37)

Best time in the category: 34:06