



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha
Number: 102

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:51

Speed: 11.78 km/h
Running performance: 4:56 min/km

Rank in course/Total: 184 (of 404)

Rank in course/Men: 110 (of 306)

Best time in course: 32:04

Rank in category: 14(of 37)

Best time in the category: 34:06