



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Rabe, Stephan

Club: Ilmtal OT.Dienstedt  
Number: 143

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 47:18

Speed: 11.42 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 210 (of 404)

Rank in course/Men: 129 (of 306)

Best time in course: 32:04

Rank in category: 13(of 30)

Best time in the category: 34:06