



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Jakob, Philipp

Number: 300

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:25

Speed: 11.15 km/h

Running performance: 5:13 min/km

Rank in course/Total: 220 (of 404)

Rank in course/Men: 136 (of 306)

Best time in course: 32:04

Rank in category: 19(of 37)

Best time in the category: 34:06