



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau
Number: 644

Course: 9.30 km
Kurze Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 49:18
Speed: 10.95 km/h
Running performance: 5:18 min/km
Rank in course/Total: 231 (of 404)
Rank in course/Men: 142 (of 306)
Best time in course: 32:04
Rank in category: 17(of 39)
Best time in the category: 36:21