



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 31

Course: 9.30 km
Kurze Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 49:40

Speed: 10.87 km/h
Running performance: 5:20 min/km

Rank in course/Total: 237 (of 404)

Rank in course/Men: 147 (of 306)

Best time in course: 32:04

Rank in category: 18(of 39)

Best time in the category: 36:21