



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Nickel, Mario

Club: LG Sangerhausen
Number: 135

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:25

Speed: 10.71 km/h
Running performance: 5:25 min/km

Rank in course/Total: 253 (of 404)

Rank in course/Men: 159 (of 306)

Best time in course: 32:04

Rank in category: 23(of 37)

Best time in the category: 34:06