



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Herzer, Heiko

Club: Arnstadt
Number: 68

Course: 9.30 km
Kurze Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:58

Speed: 10.60 km/h
Running performance: 5:29 min/km

Rank in course/Total: 264 (of 404)

Rank in course/Men: 167 (of 306)

Best time in course: 32:04

Rank in category: 15(of 30)

Best time in the category: 34:06