



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Raab, Rainer

Club: Lauffreud Plau
Number: 291

Course: 9.30 km
Kurze Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 51:11

Speed: 10.55 km/h
Running performance: 5:30 min/km

Rank in course/Total: 267 (of 404)

Rank in course/Men: 169 (of 306)

Best time in course: 32:04

Rank in category: 20(of 39)

Best time in the category: 36:21