



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Kirpal, Thomas

Number: 340

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:53

Speed: 9.84 km/h

Running performance: 5:54 min/km

Rank in course/Total: 331 (of 404)

Rank in course/Men: 212 (of 306)

Best time in course: 32:04

Rank in category: 29(of 37)

Best time in the category: 34:06