



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Enders, Holger

Club: Erfurt
Number: 36

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:06

Speed: 9.46 km/h
Running performance: 6:08 min/km

Rank in course/Total: 351 (of 404)

Rank in course/Men: 224 (of 306)

Best time in course: 32:04

Rank in category: 30(of 37)

Best time in the category: 34:06