



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Ziegler, Hans-Joachim

Club: Ruhla  
Number: 219

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M65 (65-69 Jahre)

Total time: 59:31

Speed: 9.07 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 368 (of 404)

Rank in course/Men: 232 (of 306)

Best time in course: 32:04

Rank in category: 9(of 12)

Best time in the category: 39:17