



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen  
Number: 488

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:16:18

Speed: 14.15 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 18 (of 168)

Rank in course/Men: 18 (of 146)

Best time in course: 1:06:05

Rank in category: 3(of 23)

Best time in the category: 1:13:59