



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Helmich, Robert

Club: Arnstadt
Number: 489

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:17:19

Speed: 13.97 km/h
Running performance: 4:11 min/km

Rank in course/Total: 23 (of 168)

Rank in course/Men: 23 (of 146)

Best time in course: 1:06:05

Rank in category: 6(of 23)

Best time in the category: 1:06:05