



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Naumann, Heiko

Club: KÖTHEN

Number: 412

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:17:28

Speed: 13.94 km/h

Running performance: 4:11 min/km

Rank in course/Total: 25 (of 168)

Rank in course/Men: 25 (of 146)

Best time in course: 1:06:05

Rank in category: 4(of 20)

Best time in the category: 1:13:47