



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Sauer, Dirk

Club: Lauffreunde Geba
Number: 479

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:17:53

Speed: 13.87 km/h
Running performance: 4:13 min/km

Rank in course/Total: 27 (of 168)

Rank in course/Men: 27 (of 146)

Best time in course: 1:06:05

Rank in category: 4(of 23)

Best time in the category: 1:13:59