



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Grund, Martin

Club: SV Ichttershausen
Number: 458

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:18:16

Speed: 13.80 km/h
Running performance: 4:14 min/km

Rank in course/Total: 29 (of 168)

Rank in course/Men: 28 (of 146)

Best time in course: 1:06:05

Rank in category: 9(of 23)

Best time in the category: 1:06:05