



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Alte, Nico

Club: Gräfenroda  
Number: 350

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:25:36

Speed: 12.62 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 52 (of 168)

Rank in course/Men: 50 (of 146)

Best time in course: 1:06:05

Rank in category: 9(of 20)

Best time in the category: 1:13:47