



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

**Seidler, Bernd**

Club: N3 Sportverein  
Number: 434

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:27:52

Speed: 12.29 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 62 (of 168)

Rank in course/Men: 59 (of 146)

Best time in course: 1:06:05

Rank in category: 10(of 22)

Best time in the category: 1:15:49