



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Senftleben, Heiko

Club: SV Ilmtal Manebach
Number: 436

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:30:28

Speed: 11.94 km/h
Running performance: 4:53 min/km

Rank in course/Total: 79 (of 168)

Rank in course/Men: 75 (of 146)

Best time in course: 1:06:05

Rank in category: 11(of 22)

Best time in the category: 1:15:49