



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Schäge, Rico

Club: Arnstadt  
Number: 426

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:37:26

Speed: 11.08 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 112 (of 168)

Rank in course/Men: 103 (of 146)

Best time in course: 1:06:05

Rank in category: 17(of 20)

Best time in the category: 1:13:47