



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Kettel, Ralph

Club: Weimar
Number: 395

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:37:42

Speed: 11.05 km/h
Running performance: 5:17 min/km

Rank in course/Total: 113 (of 168)

Rank in course/Men: 104 (of 146)

Best time in course: 1:06:05

Rank in category: 12(of 23)

Best time in the category: 1:13:59