



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Oppenhäuser, Andreas

Club: Nordhausen  
Number: 416

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:39:44

Speed: 10.83 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 120 (of 168)

Rank in course/Men: 111 (of 146)

Best time in course: 1:06:05

Rank in category: 18(of 22)

Best time in the category: 1:15:49