



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Krüger, Udo

Club: Technoteam  
Number: 508

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:41:23

Speed: 10.65 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 128 (of 168)

Rank in course/Men: 118 (of 146)

Best time in course: 1:06:05

Rank in category: 17(of 23)

Best time in the category: 1:13:59