



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Hempel, Matthias

Club: Triathlon-Club-Suhl  
Number: 384

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:41:52

Speed: 10.60 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 129 (of 168)

Rank in course/Men: 119 (of 146)

Best time in course: 1:06:05

Rank in category: 19(of 20)

Best time in the category: 1:13:47