



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

**Niewiadomski, Peter**

Club: Volleyball Ibykus Erfurt  
Number: 415

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:44:02

Speed: 10.38 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 137 (of 168)

Rank in course/Men: 126 (of 146)

Best time in course: 1:06:05

Rank in category: 9(of 12)

Best time in the category: 1:23:37