



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Holland, Stephan

Club: Suhl

Number: 251

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:20

Speed: 12.76 km/h

Running performance: 4:33 min/km

Rank in course/Total: 137 (of 404)

Rank in course/Men: 72 (of 306)

Best time in course: 32:04

Rank in category: 7(of 37)

Best time in the category: 34:06