



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 229

Course: 9.30 km

Kurze Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 35:13

Speed: 15.33 km/h

Running performance: 3:47 min/km

Rank in course/Total: 17 (of 404)

Rank in course/Men: 9 (of 306)

Best time in course: 32:04

Rank in category: 2(of 38)

Best time in the category: 32:36