



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Gradl, Steffen**

Club: Sportfrei  
Number: 185

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 47:58

Speed: 11.26 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 102 (of 258)

Rank in course/Men: 90 (of 175)

Best time in course: 29:37

Rank in category: 7(of 18)

Best time in the category: 32:03