



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Sambalat, Robert

Club: TSV Motor Gisbersleben
Number: 249

Course: 9.30 km
Kurze Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:48

Speed: 11.07 km/h
Running performance: 5:15 min/km

Rank in course/Total: 108 (of 258)

Rank in course/Men: 94 (of 175)

Best time in course: 29:37

Rank in category: 13(of 15)

Best time in the category: 35:15