



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Seupt, Gordon**

Club: Sv tu ilmenau  
Number: 179

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:52

Speed: 11.05 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 110 (of 258)

Rank in course/Men: 96 (of 175)

Best time in course: 29:37

Rank in category: 8(of 18)

Best time in the category: 32:03