



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Schönborn, Frank

Club: Lauffreunde Gotha  
Number: 203

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 38:44

Speed: 13.94 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 14 (of 258)

Rank in course/Men: 13 (of 175)

Best time in course: 29:37

Rank in category: 2(of 30)

Best time in the category: 37:48