



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Täntzer, Ralph

Club: Wipfratal
Number: 116

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:13

Speed: 10.54 km/h
Running performance: 5:31 min/km

Rank in course/Total: 143 (of 258)

Rank in course/Men: 118 (of 175)

Best time in course: 29:37

Rank in category: 19(of 30)

Best time in the category: 37:48