



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Siebenhaar, Volker

Number: 265

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:05

Speed: 10.17 km/h

Running performance: 5:43 min/km

Rank in course/Total: 163 (of 258)

Rank in course/Men: 129 (of 175)

Best time in course: 29:37

Rank in category: 19(of 24)

Best time in the category: 39:56