



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Nickel, Mario

Club: LG Sangerhausen  
Number: 78

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:19

Speed: 10.13 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 164 (of 258)

Rank in course/Men: 130 (of 175)

Best time in course: 29:37

Rank in category: 21(of 30)

Best time in the category: 37:48