



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Herrling, Kai

Club: Elxleben  
Number: 241

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:26

Speed: 10.11 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 168 (of 258)

Rank in course/Men: 132 (of 175)

Best time in course: 29:37

Rank in category: 14(of 18)

Best time in the category: 32:03