



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Messing, Andreas

Club: Gotha
Number: 201

Course: 9.30 km
Kurze Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:30

Speed: 10.09 km/h
Running performance: 5:45 min/km

Rank in course/Total: 169 (of 258)

Rank in course/Men: 133 (of 175)

Best time in course: 29:37

Rank in category: 8(of 14)

Best time in the category: 35:16