



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Kirpal, Thomas

Number: 207

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 58:44

Speed: 9.19 km/h

Running performance: 6:19 min/km

Rank in course/Total: 218 (of 258)

Rank in course/Men: 159 (of 175)

Best time in course: 29:37

Rank in category: 26(of 30)

Best time in the category: 37:48