



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Enders, Holger

Club: Erfurt
Number: 23

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:29

Speed: 9.08 km/h
Running performance: 6:24 min/km

Rank in course/Total: 227 (of 258)

Rank in course/Men: 162 (of 175)

Best time in course: 29:37

Rank in category: 29(of 30)

Best time in the category: 37:48