



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Salzmann, Steffen**

Club: LTV Erfurt  
Number: 266

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 40:03

Speed: 13.48 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 23 (of 258)

Rank in course/Men: 22 (of 175)

Best time in course: 29:37

Rank in category: 5(of 30)

Best time in the category: 37:48