



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Nickel, Manfred

Club: LG Sangerhausen  
Number: 77

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:01:55

Speed: 8.72 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 237 (of 258)

Rank in course/Men: 168 (of 175)

Best time in course: 29:37

Rank in category: 2(of 4)

Best time in the category: 56:05