



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Enders, Michael

Club: Tristar Regensburg  
Number: 546

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:10:37

Speed: 15.29 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 7 (of 189)

Rank in course/Men: 7 (of 155)

Best time in course: 1:04:57

Rank in category: 4(of 26)

Best time in the category: 1:05:30