



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald  
Number: 529

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:13:06

Speed: 14.77 km/h  
Running performance: 3:57 min/km

Rank in course/Total: 15 (of 189)

Rank in course/Men: 15 (of 155)

Best time in course: 1:04:57

Rank in category: 4(of 26)

Best time in the category: 1:11:11