



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Beer, Alexander

Club: X-Runners Jena
Number: 350

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:16:41

Speed: 14.08 km/h
Running performance: 4:09 min/km

Rank in course/Total: 25 (of 189)

Rank in course/Men: 24 (of 155)

Best time in course: 1:04:57

Rank in category: 8(of 26)

Best time in the category: 1:05:30