



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Dahm, Uwe

Club: Eilenburg
Number: 510

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:16:44

Speed: 14.07 km/h
Running performance: 4:09 min/km

Rank in course/Total: 26 (of 189)

Rank in course/Men: 25 (of 155)

Best time in course: 1:04:57

Rank in category: 6(of 26)

Best time in the category: 1:11:11