



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Spantig, Thomas**

Club: WSV Ilmenau  
Number: 483

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:21:08

Speed: 13.31 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 38 (of 189)

Rank in course/Men: 37 (of 155)

Best time in course: 1:04:57

Rank in category: 10(of 26)

Best time in the category: 1:11:11