



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Birkefeld, Stefan**

Club: Crawinkel

Number: 480

Course: 18.50 km

Lange Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:24:59

Speed: 12.71 km/h

Running performance: 4:35 min/km

Rank in course/Total: 57 (of 189)

Rank in course/Men: 56 (of 155)

Best time in course: 1:04:57

Rank in category: 11(of 26)

Best time in the category: 1:05:30