



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Alte, Nico

Club: Gräfenroda
Number: 351

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:25:25

Speed: 12.64 km/h
Running performance: 4:37 min/km

Rank in course/Total: 60 (of 189)

Rank in course/Men: 59 (of 155)

Best time in course: 1:04:57

Rank in category: 10(of 19)

Best time in the category: 1:09:23