



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Arnold, Jens**

Club: SVV Schmalkalden  
Number: 352

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:25:39

Speed: 12.61 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 61 (of 189)

Rank in course/Men: 60 (of 155)

Best time in course: 1:04:57

Rank in category: 7(of 22)

Best time in the category: 1:11:57