



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Fornell, Thomas

Club: Ost West Express  
Number: 514

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:28:38

Speed: 12.19 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 79 (of 189)

Rank in course/Men: 76 (of 155)

Best time in course: 1:04:57

Rank in category: 15(of 26)

Best time in the category: 1:11:11