



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Holland, Stephan

Club: Wta Suhl
Number: 173

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 41:31

Speed: 13.01 km/h
Running performance: 4:28 min/km

Rank in course/Total: 37 (of 258)

Rank in course/Men: 33 (of 175)

Best time in course: 29:37

Rank in category: 7(of 30)

Best time in the category: 37:48