



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

ungelenk, bernd

Club: wandersleben  
Number: 449

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:30:52

Speed: 11.89 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 93 (of 189)

Rank in course/Men: 87 (of 155)

Best time in course: 1:04:57

Rank in category: 1(of 10)

Best time in the category: 1:30:52