



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Dalbert, Frank

Club: Run4Fun

Number: 361

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:34:41

Speed: 11.41 km/h

Running performance: 5:07 min/km

Rank in course/Total: 111 (of 189)

Rank in course/Men: 100 (of 155)

Best time in course: 1:04:57

Rank in category: 20(of 26)

Best time in the category: 1:11:11