



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Mölders, Martin

Club: SV Arnstadt 09
Number: 517

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:35:31

Speed: 11.31 km/h
Running performance: 5:10 min/km

Rank in course/Total: 113 (of 189)

Rank in course/Men: 102 (of 155)

Best time in course: 1:04:57

Rank in category: 3(of 10)

Best time in the category: 1:30:52