



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Schäg, Rico

Club: Arnstadt
Number: 541

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:36:37

Speed: 11.18 km/h
Running performance: 5:13 min/km

Rank in course/Total: 121 (of 189)

Rank in course/Men: 109 (of 155)

Best time in course: 1:04:57

Rank in category: 16(of 19)

Best time in the category: 1:09:23