



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Lieban, Holger

Club: Tunzenhausen  
Number: 463

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:36:44

Speed: 11.16 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 122 (of 189)

Rank in course/Men: 110 (of 155)

Best time in course: 1:04:57

Rank in category: 11(of 15)

Best time in the category: 1:16:18