



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Krause, Holger

Club: Grönland Flitzer
Number: 398

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:36:45

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

Rank in course/Total: 123 (of 189)

Rank in course/Men: 111 (of 155)

Best time in course: 1:04:57

Rank in category: 15(of 22)

Best time in the category: 1:11:57