



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Ringl, Steffen

Club: Ilmenau
Number: 428

Course: 18.50 km
Lange Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:37:54

Speed: 11.03 km/h
Running performance: 5:17 min/km

Rank in course/Total: 128 (of 189)

Rank in course/Men: 116 (of 155)

Best time in course: 1:04:57

Rank in category: 21(of 26)

Best time in the category: 1:05:30