



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Lesser, Holger

Club: Erfurt
Number: 409

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:38:12

Speed: 11.00 km/h
Running performance: 5:19 min/km

Rank in course/Total: 130 (of 189)

Rank in course/Men: 118 (of 155)

Best time in course: 1:04:57

Rank in category: 6(of 10)

Best time in the category: 1:30:52