



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Birkefeld, Armin

Club: SG Crawinkel
Number: 479

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:38:16

Speed: 10.99 km/h
Running performance: 5:19 min/km

Rank in course/Total: 131 (of 189)

Rank in course/Men: 119 (of 155)

Best time in course: 1:04:57

Rank in category: 7(of 10)

Best time in the category: 1:30:52