



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Hempel, Matthias

Club: Ultrarunner-Team.de Suhl  
Number: 381

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:42:21

Speed: 10.55 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 151 (of 189)

Rank in course/Men: 132 (of 155)

Best time in course: 1:04:57

Rank in category: 17(of 19)

Best time in the category: 1:09:23