



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Böse, Ralf

Club: Arnstadt
Number: 489

Course: 18.50 km
Lange Strecke

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:44:20

Speed: 10.35 km/h
Running performance: 5:38 min/km

Rank in course/Total: 156 (of 189)

Rank in course/Men: 136 (of 155)

Best time in course: 1:04:57

Rank in category: 3(of 3)

Best time in the category: 1:31:28