



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Serikow, Sebastian

Club: Connected Runners Weimar
Number: 250

Course: 9.30 km
Kurze Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 35:15

Speed: 15.32 km/h
Running performance: 3:47 min/km

Rank in course/Total: 5 (of 258)

Rank in course/Men: 5 (of 175)

Best time in course: 29:37

Rank in category: 1(of 15)

Best time in the category: 35:15