



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Bahner, Frank**

Club: DAV Inselberg Steinbach-Hallenberg  
Number: 175

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 45:07

Speed: 11.97 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 66 (of 258)

Rank in course/Men: 59 (of 175)

Best time in course: 29:37

Rank in category: 4(of 14)

Best time in the category: 35:16