



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Krüger, Ronny

Club: Manebach
Number: 162

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:20

Speed: 11.91 km/h
Running performance: 4:52 min/km

Rank in course/Total: 68 (of 258)

Rank in course/Men: 60 (of 175)

Best time in course: 29:37

Rank in category: 11(of 30)

Best time in the category: 37:48