



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SENGLAUB, Arvid

Club: tsv 1880 elgersburg ev
Number: 143

Course: 9.30 km
Kurze Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:20

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 116 (of 325)

Rank in course/Men: 107 (of 217)

Best time in course: 31:13

Rank in category: 16(of 22)

Best time in the category: 34:37