



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Knabe, Ingo

Club: Liebenstein  
Number: 282

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 47:52

Speed: 11.28 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 125 (of 325)

Rank in course/Men: 115 (of 217)

Best time in course: 31:13

Rank in category: 16(of 25)

Best time in the category: 36:38