



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Holst, Sascha

Club: Ilmenau  
Number: 201

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:14

Speed: 10.75 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 150 (of 325)

Rank in course/Men: 134 (of 217)

Best time in course: 31:13

Rank in category: 11(of 12)

Best time in the category: 32:05