



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt
Number: 196

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:30

Speed: 10.69 km/h
Running performance: 5:26 min/km

Rank in course/Total: 153 (of 325)

Rank in course/Men: 136 (of 217)

Best time in course: 31:13

Rank in category: 19(of 28)

Best time in the category: 33:12