



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

KRANNICH, Ingmar

Club: VfL Lingen

Number: 74

Course: 9.30 km

Kurze Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 36:08

Speed: 14.94 km/h

Running performance: 3:53 min/km

Rank in course/Total: 12 (of 325)

Rank in course/Men: 12 (of 217)

Best time in course: 31:13

Rank in category: 2(of 22)

Best time in the category: 34:37