



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Stephan, Hagen

Club: Berlin  
Number: 547

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 51:49

Speed: 10.42 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 175 (of 325)

Rank in course/Men: 149 (of 217)

Best time in course: 31:13

Rank in category: 21(of 28)

Best time in the category: 33:12