



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

**NICKEL, Mario**

Club: LG Sangerhausen  
Number: 101

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 54:30

Speed: 9.91 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 222 (of 325)

Rank in course/Men: 176 (of 217)

Best time in course: 31:13

Rank in category: 24(of 28)

Best time in the category: 33:12