



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 538

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 55:16

Speed: 9.77 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 233 (of 325)

Rank in course/Men: 183 (of 217)

Best time in course: 31:13

Rank in category: 16(of 20)

Best time in the category: 35:07