



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

ARNHOLD, Erhard

Club: fit & run weimar

Number: 3

Course: 9.30 km

Kurze Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 40:01

Speed: 13.49 km/h

Running performance: 4:18 min/km

Rank in course/Total: 41 (of 325)

Rank in course/Men: 40 (of 217)

Best time in course: 31:13

Rank in category: 1(of 14)

Best time in the category: 40:01