



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

NICOLAI, Steffen

Club: Ilmenau
Number: 103

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:06
Speed: 12.83 km/h
Running performance: 4:32 min/km
Rank in course/Total: 63 (of 325)
Rank in course/Men: 59 (of 217)
Best time in course: 31:13
Rank in category: 8(of 28)
Best time in the category: 33:12