



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Tichnow, Micha

Club: Rockhausen  
Number: 260

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M60 (60-64 Jahre)

Total time: 51:13

Speed: 10.54 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 121 (of 277)

Rank in course/Men: 104 (of 188)

Best time in course: 33:12

Rank in category: 6(of 15)

Best time in the category: 40:40