



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Fräntzki, Dirk

Club: GMRLV LG-Süd  
Number: 195

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 39:02

Speed: 14.30 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 14 (of 277)

Rank in course/Men: 14 (of 188)

Best time in course: 33:12

Rank in category: 1(of 26)

Best time in the category: 39:02