



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

**TROMMER, Ray**

Club: Heyda  
Number: 175

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:01

Speed: 10.52 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 145 (of 277)

Rank in course/Men: 120 (of 188)

Best time in course: 33:12

Rank in category: 17(of 26)

Best time in the category: 39:02