



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 275

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 55:59

Speed: 9.97 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 181 (of 277)

Rank in course/Men: 144 (of 188)

Best time in course: 33:12

Rank in category: 9(of 13)

Best time in the category: 37:33