



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Täntzer, Ralph

Club: OVB Brandewinda
Number: 273

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:29

Speed: 9.56 km/h
Running performance: 6:04 min/km

Rank in course/Total: 188 (of 277)

Rank in course/Men: 148 (of 188)

Best time in course: 33:12

Rank in category: 19(of 26)

Best time in the category: 39:02