



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

ARNHOLD, Erhard

Club: fit & run weimar

Number: 8

Course: 9.30 km

Kurze Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 40:40

Speed: 13.72 km/h

Running performance: 4:22 min/km

Rank in course/Total: 22 (of 277)

Rank in course/Men: 22 (of 188)

Best time in course: 33:12

Rank in category: 1(of 15)

Best time in the category: 40:40