



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

**NICKEL, Manfred**

Club: LG Sangerhausen  
Number: 110

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:22:06

Speed: 6.58 km/h  
Running performance: 8:50 min/km

Rank in course/Total: 275 (of 277)

Rank in course/Men: 187 (of 188)

Best time in course: 33:12

Rank in category: 3(of 3)

Best time in the category: 1:04:42