



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

ICKRATH, Sebastian

Club: Urbach

Number: 78

Course: 9.30 km

Kurze Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:55

Speed: 11.76 km/h

Running performance: 4:56 min/km

Rank in course/Total: 59 (of 277)

Rank in course/Men: 57 (of 188)

Best time in course: 33:12

Rank in category: 9(of 22)

Best time in the category: 38:13