



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

**KRÄMER, Sascha**

Club: Ilmenau  
Number: 92

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:17

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 75 (of 277)

Rank in course/Men: 72 (of 188)

Best time in course: 33:12

Rank in category: 11(of 15)

Best time in the category: 33:12