



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

**STEINBORN, Henry**

Club: Oehrenstock  
Number: 164

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:13  
Speed: 11.20 km/h  
Running performance: 5:11 min/km  
Rank in course/Total: 87 (of 277)  
Rank in course/Men: 79 (of 188)  
Best time in course: 33:12  
Rank in category: 14(of 22)  
Best time in the category: 38:13