



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HERZER, Heiko

Club: Arnstadt
Number: 68

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:02

Speed: 11.01 km/h
Running performance: 5:16 min/km

Rank in course/Total: 96 (of 277)

Rank in course/Men: 85 (of 188)

Best time in course: 33:12

Rank in category: 10(of 26)

Best time in the category: 39:02