



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Du Puits, Ronald

Club: Ilmenau
Number: 42

Course: 9.30 km
Kurze Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:11

Speed: 10.98 km/h
Running performance: 5:17 min/km

Rank in course/Total: 103 (of 321)

Rank in course/Men: 87 (of 189)

Best time in course: 32:19

Rank in category: 11(of 23)

Best time in the category: 36:43