



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Raum, Stefan**

Club: Neuenhagen  
Number: 275

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 50:38

Speed: 10.66 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 121 (of 321)

Rank in course/Men: 100 (of 189)

Best time in course: 32:19

Rank in category: 9(of 22)

Best time in the category: 37:22