



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt
Number: 152

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:25

Speed: 10.30 km/h
Running performance: 5:38 min/km

Rank in course/Total: 153 (of 321)

Rank in course/Men: 121 (of 189)

Best time in course: 32:19

Rank in category: 15(of 21)

Best time in the category: 41:00