



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Lorenz-Dietz, Frank

Club: Mühlacker
Number: 127

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:46

Speed: 10.23 km/h
Running performance: 5:40 min/km

Rank in course/Total: 155 (of 321)

Rank in course/Men: 122 (of 189)

Best time in course: 32:19

Rank in category: 16(of 21)

Best time in the category: 41:00