



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Tichonow, Michael

Club: Erfurt
Number: 272

Course: 9.30 km
Kurze Strecke

Category:
Senioren M60 (60-64 Jahre)

Total time: 53:25

Speed: 10.11 km/h
Running performance: 5:44 min/km

Rank in course/Total: 167 (of 321)

Rank in course/Men: 129 (of 189)

Best time in course: 32:19

Rank in category: 6(of 11)

Best time in the category: 41:44