



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Enders, Holger

Club: Erfurt-Alach  
Number: 46

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 54:35

Speed: 9.89 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 194 (of 321)

Rank in course/Men: 143 (of 189)

Best time in course: 32:19

Rank in category: 16(of 22)

Best time in the category: 37:22