



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Dr. Ebinger, Ingwer

Club: Pinneberg

Number: 36

Course: 9.30 km

Kurze Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:48

Speed: 9.51 km/h

Running performance: 6:07 min/km

Rank in course/Total: 218 (of 321)

Rank in course/Men: 150 (of 189)

Best time in course: 32:19

Rank in category: 7(of 11)

Best time in the category: 41:44