



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau
Number: 299

Course: 9.30 km
Kurze Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 58:32

Speed: 9.23 km/h
Running performance: 6:17 min/km

Rank in course/Total: 229 (of 321)

Rank in course/Men: 153 (of 189)

Best time in course: 32:19

Rank in category: 20(of 23)

Best time in the category: 36:43