



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Stark, Ralf

Club: Köln

Number: 320

Course: 9.30 km

Kurze Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 58:48

Speed: 9.49 km/h

Running performance: 6:19 min/km

Rank in course/Total: 234 (of 321)

Rank in course/Men: 155 (of 189)

Best time in course: 32:19

Rank in category: 17(of 22)

Best time in the category: 37:22