



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Ziegler, Hans-Joachim

Club: TSG/WSC 07 Ruhla  
Number: 216

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M65 (65-69 Jahre)

Total time: 59:18

Speed: 9.11 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 241 (of 321)

Rank in course/Men: 162 (of 189)

Best time in course: 32:19

Rank in category: 4(of 8)

Best time in the category: 41:11