



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kirpal, Thomas

Club: Mühlacker  
Number: 94

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:00:15

Speed: 8.96 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 248 (of 321)

Rank in course/Men: 164 (of 189)

Best time in course: 32:19

Rank in category: 20(of 21)

Best time in the category: 41:00