



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Siemon, Thomas**

Club: SV Blau-Weiss 90 Creuzburg  
Number: 228

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 40:15

Speed: 13.42 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 26 (of 321)

Rank in course/Men: 25 (of 189)

Best time in course: 32:19

Rank in category: 2(of 23)

Best time in the category: 36:43