



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Raschke, Henry

Club: Ilmenau OT Oehrenstock
Number: 154

Course: 9.30 km
Kurze Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 41:00

Speed: 13.17 km/h
Running performance: 4:25 min/km

Rank in course/Total: 31 (of 321)

Rank in course/Men: 29 (of 189)

Best time in course: 32:19

Rank in category: 1(of 21)

Best time in the category: 41:00