



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Bahner, Sebastian

Club: DAV Inselberg
Number: 7

Course: 9.30 km
Kurze Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:14

Speed: 13.10 km/h
Running performance: 4:26 min/km

Rank in course/Total: 33 (of 321)

Rank in course/Men: 31 (of 189)

Best time in course: 32:19

Rank in category: 6(of 18)

Best time in the category: 34:21