



16. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Seupt, Gordon

Club: SV TU Ilmenau

Number: 220

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:52

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 65 (of 321)

Rank in course/Men: 57 (of 189)

Best time in course: 32:19

Rank in category: 4(of 21)

Best time in the category: 41:00