



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Frisch, Silvio

Club: TSV Langenzenn  
Number: 262

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:53

Speed: 11.77 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 67 (of 321)

Rank in course/Men: 59 (of 189)

Best time in course: 32:19

Rank in category: 5(of 21)

Best time in the category: 41:00