



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Raab, Rainer**

Club: Arnstadt  
Number: 293

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M55 (55-59 Jahre)

Total time: 46:37

Speed: 11.58 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 70 (of 321)

Rank in course/Men: 61 (of 189)

Best time in course: 32:19

Rank in category: 6(of 23)

Best time in the category: 36:43