



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Frisch, Andreas

Club: Giessübel

Number: 53

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:41

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 72 (of 321)

Rank in course/Men: 63 (of 189)

Best time in course: 32:19

Rank in category: 6(of 21)

Best time in the category: 41:00