



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Mitzschke, André

Club: Run for fun

Number: 134

Course: 9.30 km

Kurze Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:00

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 74 (of 321)

Rank in course/Men: 65 (of 189)

Best time in course: 32:19

Rank in category: 7(of 21)

Best time in the category: 41:00