



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kögl, Udo

Club: München
Number: 261

Course: 9.30 km
Kurze Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 47:36

Speed: 11.34 km/h
Running performance: 5:07 min/km

Rank in course/Total: 84 (of 321)

Rank in course/Men: 75 (of 189)

Best time in course: 32:19

Rank in category: 9(of 23)

Best time in the category: 36:43