



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Hahnemann, Norbert

Club: Arnstadt  
Number: 120

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M55

Total time: 46:14

Speed: 11.68 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 107 (of 307)

Rank in course/Men: 95 (of 222)

Best time in course: 31:22

Rank in category: 6(of 20)

Best time in the category: 36:43