



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

**Nessel, Torsten**

Club: Easy Fun Erfurt  
Number: 292

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 46:08

Speed: 11.71 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 109 (of 307)

Rank in course/Men: 98 (of 223)

Best time in course: 32:03

Rank in category: 17(of 32)

Best time in the category: 33:34