



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Denke, Lutz

Club: Erfurt  
Number: 78

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M50

Total time: 46:13

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

Rank in course/Total: 112 (of 307)

Rank in course/Men: 101 (of 223)

Best time in course: 32:03

Rank in category: 16(of 35)

Best time in the category: 36:48