



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Lange, Lars

Club: Phönix Solartechnik  
Number: 57

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 46:32

Speed: 11.60 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 115 (of 307)

Rank in course/Men: 104 (of 223)

Best time in course: 32:03

Rank in category: 19(of 32)

Best time in the category: 33:34