



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Lindenlaub, Ralf

Club: Geraberg
Number: 535

Course: 9.30 km
Kurze Strecke

Category:
Männer M35

Total time: 47:14

Speed: 11.43 km/h
Running performance: 5:05 min/km

Rank in course/Total: 127 (of 307)

Rank in course/Men: 111 (of 223)

Best time in course: 32:03

Rank in category: 9(of 17)

Best time in the category: 34:46