



9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Holtzhausen, Uwe

Club: Ilmenau

Number: 115

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 48:14

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 142 (of 307)

Rank in course/Men: 125 (of 223)

Best time in course: 32:03

Rank in category: 22(of 32)

Best time in the category: 33:34