



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Lampe, Norman

Club: SV Deube Großliebringen  
Number: 156

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M20

Total time: 48:31

Speed: 11.13 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 151 (of 307)

Rank in course/Men: 132 (of 223)

Best time in course: 32:03

Rank in category: 24(of 30)

Best time in the category: 32:03