



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 47

Course: 9.30 km

Kurze Strecke

Category:

Männer M70

Total time: 48:48

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 157 (of 307)

Rank in course/Men: 135 (of 223)

Best time in course: 32:03

Rank in category: 3(of 6)

Best time in the category: 45:53