



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Grams, Holger

Club: Lauffreunde Gotha
Number: 70

Course: 9.30 km
Kurze Strecke

Category:
Männer M50

Total time: 49:03

Speed: 11.01 km/h
Running performance: 5:16 min/km

Rank in course/Total: 161 (of 307)

Rank in course/Men: 138 (of 223)

Best time in course: 32:03

Rank in category: 20(of 35)

Best time in the category: 36:48