



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen  
Number: 221

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 49:18

Speed: 10.95 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 166 (of 307)

Rank in course/Men: 142 (of 223)

Best time in course: 32:03

Rank in category: 20(of 32)

Best time in the category: 35:48