



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau
Number: 21

Course: 9.30 km
Kurze Strecke

Category:
Männer M50

Total time: 49:44

Speed: 10.86 km/h
Running performance: 5:21 min/km

Rank in course/Total: 179 (of 307)

Rank in course/Men: 154 (of 223)

Best time in course: 32:03

Rank in category: 22(of 35)

Best time in the category: 36:48