



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Ledermann, Heiko

Club: Albrechts
Number: 297

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 50:39

Speed: 11.02 km/h
Running performance: 5:27 min/km

Rank in course/Total: 193 (of 307)

Rank in course/Men: 166 (of 223)

Best time in course: 32:03

Rank in category: 29(of 32)

Best time in the category: 33:34