



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Lindemann, Uwe

Club: Neuhaus  
Number: 570

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M50

Total time: 53:30

Speed: 10.09 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 225 (of 307)

Rank in course/Men: 183 (of 223)

Best time in course: 32:03

Rank in category: 30(of 35)

Best time in the category: 36:48