



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

#### Enders, Holger

Club: Alach  
Number: 94

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 53:47

Speed: 10.04 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 229 (of 307)

Rank in course/Men: 185 (of 223)

Best time in course: 32:03

Rank in category: 30(of 32)

Best time in the category: 33:34