



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

**Senglaub, Tino**

Club: LG Frauenwald  
Number: 579

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 55:21

Speed: 9.76 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 248 (of 307)

Rank in course/Men: 195 (of 223)

Best time in course: 32:03

Rank in category: 29(of 32)

Best time in the category: 35:48