



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Hermann, Rainer

Club: SV Thuringia Königsee  
Number: 15

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M70

Total time: 45:53

Speed: 11.77 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 105 (of 307)

Rank in course/Men: 95 (of 223)

Best time in course: 32:03

Rank in category: 1(of 6)

Best time in the category: 45:53