



9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza

Number: 88

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 1:00:57

Speed: 8.86 km/h

Running performance: 6:33 min/km

Rank in course/Total: 288 (of 307)

Rank in course/Men: 214 (of 223)

Best time in course: 32:03

Rank in category: 32(of 32)

Best time in the category: 35:48