



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Heise, Christian

Club: Mittenwalde OT Motzen
Number: 369

Course: 18.50 km
Lange Strecke

Category:
Männer M20

Total time: 1:13:03

Speed: 14.78 km/h
Running performance: 3:57 min/km

Rank in course/Total: 14 (of 165)

Rank in course/Men: 14 (of 144)

Best time in course: 1:02:22

Rank in category: 6(of 24)

Best time in the category: 1:02:22