



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Dr. Krause, Ronald

Club: TSV Binz

Number: 381

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:13:38

Speed: 15.07 km/h

Running performance: 3:59 min/km

Rank in course/Total: 17 (of 165)

Rank in course/Men: 17 (of 144)

Best time in course: 1:02:22

Rank in category: 2(of 25)

Best time in the category: 1:11:18