



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

#### Spantig, Thomas

Club: WSV Ilmenau 1908

Number: 22

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 39:20

Speed: 13.73 km/h

Running performance: 4:14 min/km

Rank in course/Total: 33 (of 307)

Rank in course/Men: 32 (of 223)

Best time in course: 32:03

Rank in category: 6(of 32)

Best time in the category: 33:34