



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

**Schrader, Bernd**

Club: PSV Meiningen

Number: 350

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:14:57

Speed: 14.41 km/h

Running performance: 4:03 min/km

Rank in course/Total: 23 (of 165)

Rank in course/Men: 23 (of 144)

Best time in course: 1:02:22

Rank in category: 2(of 20)

Best time in the category: 1:08:15