



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald  
Number: 466

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:17:30

Speed: 13.94 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 30 (of 165)

Rank in course/Men: 30 (of 144)

Best time in course: 1:02:22

Rank in category: 5(of 25)

Best time in the category: 1:11:18