



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Siemer, Jens

Club: LT Visbek
Number: 416

Course: 18.50 km
Lange Strecke

Category:
Männer M35

Total time: 1:18:38

Speed: 13.73 km/h
Running performance: 4:15 min/km

Rank in course/Total: 36 (of 165)

Rank in course/Men: 36 (of 144)

Best time in course: 1:02:22

Rank in category: 8(of 16)

Best time in the category: 1:08:41