



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Nicolai, Steffen

Club: Ilmenau
Number: 317

Course: 18.50 km
Lange Strecke

Category:
Männer M40

Total time: 1:24:24

Speed: 12.80 km/h
Running performance: 4:34 min/km

Rank in course/Total: 54 (of 165)

Rank in course/Men: 52 (of 144)

Best time in course: 1:02:22

Rank in category: 12(of 25)

Best time in the category: 1:11:18