



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

**Spiegel, Christian**

Club: Viba Anschütz Team

Number: 421

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:26:43

Speed: 12.45 km/h

Running performance: 4:41 min/km

Rank in course/Total: 63 (of 165)

Rank in course/Men: 61 (of 144)

Best time in course: 1:02:22

Rank in category: 10(of 14)

Best time in the category: 1:10:57