



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

#### Schwachenwalde, Holger

Club: Ilmenau

Number: 422

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:27:09

Speed: 12.39 km/h

Running performance: 4:43 min/km

Rank in course/Total: 66 (of 165)

Rank in course/Men: 64 (of 144)

Best time in course: 1:02:22

Rank in category: 4(of 24)

Best time in the category: 1:16:35