



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
Number: 355

Course: 18.50 km
Lange Strecke

Category:
Männer M55

Total time: 1:29:35

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 78 (of 165)

Rank in course/Men: 74 (of 144)

Best time in course: 1:02:22

Rank in category: 4(of 14)

Best time in the category: 1:13:03