



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Frießleben, Holger

Club: Rottenbach  
Number: 324

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:33:03

Speed: 11.61 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 93 (of 165)

Rank in course/Men: 89 (of 144)

Best time in course: 1:02:22

Rank in category: 6(of 14)

Best time in the category: 1:13:03