



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Leffler, Mirko

Club: PHOTO PERFECT SUHL  
Number: 379

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:33:45

Speed: 11.52 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 98 (of 165)

Rank in course/Men: 94 (of 144)

Best time in course: 1:02:22

Rank in category: 18(of 25)

Best time in the category: 1:11:18