



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

**Berndt, Roland**

Club: Erfurt  
Number: 459

Course: 18.50 km  
Lange Strecke

Category:  
Männer M60

Total time: 1:35:41

Speed: 11.29 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 106 (of 165)

Rank in course/Men: 100 (of 144)

Best time in course: 1:02:22

Rank in category: 2(of 5)

Best time in the category: 1:23:56