



9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Noack, Dirk

Club: WSV Schmiedefeld/Rstg.

Number: 326

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:39:50

Speed: 10.82 km/h

Running performance: 5:24 min/km

Rank in course/Total: 121 (of 165)

Rank in course/Men: 113 (of 144)

Best time in course: 1:02:22

Rank in category: 16(of 20)

Best time in the category: 1:08:15