



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Albrecht, Arne

Club: GMRLV  
Number: 469

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:40:10

Speed: 10.78 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 124 (of 165)

Rank in course/Men: 115 (of 144)

Best time in course: 1:02:22

Rank in category: 17(of 20)

Best time in the category: 1:08:15