



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Grohall, Norbert

Club: SC Impuls erfurt e.V.  
Number: 448

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:45:14

Speed: 10.26 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 146 (of 165)

Rank in course/Men: 134 (of 144)

Best time in course: 1:02:22

Rank in category: 11(of 14)

Best time in the category: 1:13:03