



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt e.V.  
Number: 71

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M35

Total time: 44:17

Speed: 12.19 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 84 (of 307)

Rank in course/Men: 77 (of 223)

Best time in course: 32:03

Rank in category: 6(of 17)

Best time in the category: 34:46