



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV
Number: 75

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 44:27

Speed: 12.15 km/h
Running performance: 4:47 min/km

Rank in course/Total: 86 (of 307)

Rank in course/Men: 79 (of 223)

Best time in course: 32:03

Rank in category: 11(of 32)

Best time in the category: 35:48