



9. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Fernholz, Dirk

Club: SWV Goldlauter  
Number: 299

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 45:07

Speed: 12.37 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 93 (of 307)

Rank in course/Men: 85 (of 223)

Best time in course: 32:03

Rank in category: 16(of 32)

Best time in the category: 33:34