



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Malzahn, Kai

Club: Team Erdinger Alkoholfrei
Number: 222

Course: 9.30 km
Kurze Strecke

Category:
Männer M30

Total time: 35:38

Speed: 15.15 km/h
Running performance: 3:50 min/km

Rank in course/Total: 10 (of 307)

Rank in course/Men: 10 (of 222)

Best time in course: 31:22

Rank in category: 4(of 23)

Best time in the category: 31:22