



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 74

Course: 9.30 km
Kurze Strecke

Category:
Männer M50

Total time: 45:53

Speed: 11.77 km/h
Running performance: 4:56 min/km

Rank in course/Total: 100 (of 307)

Rank in course/Men: 90 (of 222)

Best time in course: 31:22

Rank in category: 14(of 28)

Best time in the category: 34:52