



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha
Number: 51

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 45:57

Speed: 11.75 km/h
Running performance: 4:56 min/km

Rank in course/Total: 101 (of 307)

Rank in course/Men: 91 (of 222)

Best time in course: 31:22

Rank in category: 12(of 23)

Best time in the category: 34:11