



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Görlach, Folker

Club: Mühlhausen
Number: 55

Course: 9.30 km
Kurze Strecke

Category:
Männer M70

Total time: 46:51

Speed: 11.53 km/h
Running performance: 5:02 min/km

Rank in course/Total: 119 (of 307)

Rank in course/Men: 106 (of 222)

Best time in course: 31:22

Rank in category: 3(of 8)

Best time in the category: 40:51