



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Hildesheim, Ingo

Club: Laufteam Fürth 2010  
Number: 239

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 46:55

Speed: 11.51 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 121 (of 307)

Rank in course/Men: 108 (of 222)

Best time in course: 31:22

Rank in category: 15(of 37)

Best time in the category: 36:12