



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Meyer, Heiko**

Club: Vrombarch Figthers Martinroda  
Number: 21

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 46:57

Speed: 11.50 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 122 (of 307)

Rank in course/Men: 109 (of 222)

Best time in course: 31:22

Rank in category: 16(of 37)

Best time in the category: 36:12