



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Lange, Lars

Club: Bleicherode
Number: 56

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 48:30

Speed: 11.13 km/h
Running performance: 5:13 min/km

Rank in course/Total: 144 (of 307)

Rank in course/Men: 128 (of 222)

Best time in course: 31:22

Rank in category: 17(of 23)

Best time in the category: 34:11