



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Gergs, Ralf

Club: Leipziger Triathlon e.V.
Number: 149

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 36:16

Speed: 14.89 km/h
Running performance: 3:54 min/km

Rank in course/Total: 15 (of 307)

Rank in course/Men: 15 (of 222)

Best time in course: 31:22

Rank in category: 3(of 23)

Best time in the category: 34:11