



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee
Number: 31

Course: 9.30 km
Kurze Strecke

Category:
Männer M55

Total time: 48:58

Speed: 11.03 km/h
Running performance: 5:16 min/km

Rank in course/Total: 150 (of 307)

Rank in course/Men: 133 (of 222)

Best time in course: 31:22

Rank in category: 11(of 20)

Best time in the category: 36:43