



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Frank, Thomas

Club: SV Thuringia Königsee
Number: 8

Course: 9.30 km
Kurze Strecke

Category:
Männer M30

Total time: 49:32

Speed: 10.90 km/h
Running performance: 5:20 min/km

Rank in course/Total: 156 (of 307)

Rank in course/Men: 137 (of 222)

Best time in course: 31:22

Rank in category: 19(of 23)

Best time in the category: 31:22