



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 570

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 50:24

Speed: 10.71 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 175 (of 307)

Rank in course/Men: 148 (of 222)

Best time in course: 31:22

Rank in category: 23(of 37)

Best time in the category: 36:12