



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Herzer, Heiko

Club: Arnstadt
Number: 126

Course: 9.30 km
Kurze Strecke

Category:
Männer M35

Total time: 50:26

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

Rank in course/Total: 177 (of 307)

Rank in course/Men: 150 (of 222)

Best time in course: 31:22

Rank in category: 10(of 19)

Best time in the category: 35:16