



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Dintera, Heiner

Club: Sonneberg
Number: 170

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 51:57

Speed: 10.39 km/h
Running performance: 5:35 min/km

Rank in course/Total: 203 (of 307)

Rank in course/Men: 167 (of 222)

Best time in course: 31:22

Rank in category: 28(of 37)

Best time in the category: 36:12