



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Herrling, Kai

Club: Elxleben  
Number: 556

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M35

Total time: 52:02

Speed: 10.38 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 206 (of 307)

Rank in course/Men: 169 (of 222)

Best time in course: 31:22

Rank in category: 15(of 19)

Best time in the category: 35:16