



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Abraham, Kai

Club: Suhl

Number: 164

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 56:04

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 253 (of 307)

Rank in course/Men: 198 (of 222)

Best time in course: 31:22

Rank in category: 23(of 23)

Best time in the category: 31:22