



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Heinlein, Heiko

Club: Saalfeld
Number: 214

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 57:22

Speed: 9.41 km/h
Running performance: 6:10 min/km

Rank in course/Total: 262 (of 307)

Rank in course/Men: 205 (of 222)

Best time in course: 31:22

Rank in category: 36(of 37)

Best time in the category: 36:12