



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Enders, Holger

Club: Alach  
Number: 171

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 57:52

Speed: 9.64 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 265 (of 307)

Rank in course/Men: 206 (of 222)

Best time in course: 31:22

Rank in category: 22(of 23)

Best time in the category: 34:11