



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Lorenz-Dietz, Frank

Club: Castro
Number: 261

Course: 9.30 km
Kurze Strecke

Category:
Männer M35

Total time: 1:04:32

Speed: 8.37 km/h
Running performance: 6:56 min/km

Rank in course/Total: 298 (of 307)

Rank in course/Men: 218 (of 222)

Best time in course: 31:22

Rank in category: 19(of 19)

Best time in the category: 35:16