



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Michl, Rene

Club: Sportteam STEINBACH - Meiningen
Number: 308

Course: 18.50 km
Lange Strecke

Category:
Männer M35

Total time: 1:13:17

Speed: 14.74 km/h
Running performance: 3:58 min/km

Rank in course/Total: 8 (of 157)

Rank in course/Men: 8 (of 136)

Best time in course: 1:00:28

Rank in category: 2(of 17)

Best time in the category: 1:10:34