



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Beyer, Steffen

Club: VfL 28 Ellrich
Number: 162

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 38:11

Speed: 14.14 km/h
Running performance: 4:07 min/km

Rank in course/Total: 33 (of 307)

Rank in course/Men: 31 (of 222)

Best time in course: 31:22

Rank in category: 4(of 37)

Best time in the category: 36:12