



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Kirst, Steffen

Club: SV08 Geraberg
Number: 377

Course: 18.50 km
Lange Strecke

Category:
Männer M35

Total time: 1:25:39

Speed: 12.61 km/h
Running performance: 4:38 min/km

Rank in course/Total: 48 (of 157)

Rank in course/Men: 48 (of 136)

Best time in course: 1:00:28

Rank in category: 9(of 17)

Best time in the category: 1:10:34