



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Nicolai, Steffen

Club: Ilmenau
Number: 404

Course: 18.50 km
Lange Strecke

Category:
Männer M40

Total time: 1:26:33

Speed: 12.48 km/h
Running performance: 4:41 min/km

Rank in course/Total: 50 (of 157)

Rank in course/Men: 50 (of 136)

Best time in course: 1:00:28

Rank in category: 10(of 22)

Best time in the category: 1:15:32