



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**König, Heiko**

Club: Ingolstadt  
Number: 459

Course: 18.50 km  
Lange Strecke

Category:  
Männer M35

Total time: 1:42:17

Speed: 10.56 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 123 (of 157)

Rank in course/Men: 115 (of 136)

Best time in course: 1:00:28

Rank in category: 16(of 17)

Best time in the category: 1:10:34