



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Krause, Heiko

Club: LG Frauenwald  
Number: 266

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M35

Total time: 42:23

Speed: 12.74 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 67 (of 307)

Rank in course/Men: 60 (of 222)

Best time in course: 31:22

Rank in category: 4(of 19)

Best time in the category: 35:16