



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Köchert, Oliver

Club: Ilmenau  
Number: 241

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M30

Total time: 43:24

Speed: 12.44 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 73 (of 307)

Rank in course/Men: 66 (of 222)

Best time in course: 31:22

Rank in category: 9(of 23)

Best time in the category: 31:22