



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt
Number: 61

Course: 9.30 km
Kurze Strecke

Category:
Männer M35

Total time: 44:44

Speed: 12.07 km/h
Running performance: 4:49 min/km

Rank in course/Total: 84 (of 307)

Rank in course/Men: 75 (of 222)

Best time in course: 31:22

Rank in category: 5(of 19)

Best time in the category: 35:16