



8. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Tönert, Lars

Club: WSV Ilmenau 1908

Number: 192

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 45:08

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 90 (of 307)

Rank in course/Men: 80 (of 222)

Best time in course: 31:22

Rank in category: 12(of 23)

Best time in the category: 31:22