



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Knabe, Ingo

Club: Martinroda
Number: 5

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 45:35

Speed: 11.85 km/h
Running performance: 4:54 min/km

Rank in course/Total: 93 (of 307)

Rank in course/Men: 83 (of 222)

Best time in course: 31:22

Rank in category: 11(of 37)

Best time in the category: 36:12