



8. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Grams, Holger

Club: Lauffreunde Gotha

Number: 60

Course: 9.30 km

Kurze Strecke

Category:

Männer M50

Total time: 47:07

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 124 (of 307)

Rank in course/Men: 110 (of 222)

Best time in course: 31:22

Rank in category: 15(of 28)

Best time in the category: 34:52