



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 46

Course: 9.30 km

Kurze Strecke

Category:

Männer M70

Total time: 48:07

Speed: 11.22 km/h

Running performance: 5:10 min/km

Rank in course/Total: 136 (of 307)

Rank in course/Men: 120 (of 222)

Best time in course: 31:22

Rank in category: 4(of 8)

Best time in the category: 40:51