



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Teitge, Lutz

Club: sc impuls erfurt  
Number: 152

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M70

Total time: 48:21

Speed: 11.17 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 141 (of 307)

Rank in course/Men: 125 (of 222)

Best time in course: 31:22

Rank in category: 5(of 8)

Best time in the category: 40:51