



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Jesche, Silvo

Club: sc impuls erfurt  
Number: 294

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 49:34

Speed: 10.89 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 159 (of 307)

Rank in course/Men: 139 (of 222)

Best time in course: 31:22

Rank in category: 20(of 37)

Best time in the category: 36:12