



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Dudek, Harald**

Club: LSV Lok Arnstadt  
Number: 140

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M60

Total time: 53:23

Speed: 10.12 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 225 (of 307)

Rank in course/Men: 184 (of 222)

Best time in course: 31:22

Rank in category: 13(of 16)

Best time in the category: 36:32