



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Ganß, Lothar

Club: DJK Salz  
Number: 238

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M70

Total time: 55:13

Speed: 9.78 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 246 (of 307)

Rank in course/Men: 192 (of 222)

Best time in course: 31:22

Rank in category: 8(of 8)

Best time in the category: 40:51