



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Böttner, Roland**

Club: Karateverein Arnstadt  
Number: 568

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M55

Total time: 55:36

Speed: 9.71 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 251 (of 307)

Rank in course/Men: 197 (of 222)

Best time in course: 31:22

Rank in category: 15(of 20)

Best time in the category: 36:43