



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Nickel, Manfred

Club: LG Sangerhausen

Number: 43

Course: 9.30 km

Kurze Strecke

Category:

Männer M65

Total time: 58:22

Speed: 9.25 km/h

Running performance: 6:17 min/km

Rank in course/Total: 271 (of 307)

Rank in course/Men: 208 (of 222)

Best time in course: 31:22

Rank in category: 7(of 9)

Best time in the category: 45:41