



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Helmich, Robert

Club: SRL Arnstadt Sportclub e.V.  
Number: 436

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:13:31

Speed: 14.69 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 10 (of 157)

Rank in course/Men: 10 (of 136)

Best time in course: 1:00:28

Rank in category: 6(of 18)

Best time in the category: 1:00:28