



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Schrader, Bernd

Club: PSV Meiningen
Number: 446

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:13:46

Speed: 14.64 km/h
Running performance: 3:59 min/km

Rank in course/Total: 11 (of 157)

Rank in course/Men: 11 (of 136)

Best time in course: 1:00:28

Rank in category: 2(of 27)

Best time in the category: 1:07:33