



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Flock, Peter

Club: Gebesee

Number: 461

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:15:32

Speed: 14.70 km/h

Running performance: 4:05 min/km

Rank in course/Total: 13 (of 157)

Rank in course/Men: 13 (of 136)

Best time in course: 1:00:28

Rank in category: 1(of 22)

Best time in the category: 1:15:32