



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Spantig, Jörg**

Club: LTV Erfurt e. V.  
Number: 327

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:19:32

Speed: 13.96 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 21 (of 157)

Rank in course/Men: 21 (of 136)

Best time in course: 1:00:28

Rank in category: 4(of 22)

Best time in the category: 1:15:32