



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: 13.58 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