



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha  
Number: 331

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:20:40

Speed: 13.39 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 27 (of 157)

Rank in course/Men: 27 (of 136)

Best time in course: 1:00:28

Rank in category: 4(of 27)

Best time in the category: 1:07:33