



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Kretzschmar, Manfred**

Club: Ichtshausen  
Number: 428

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:20:51

Speed: 13.73 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 28 (of 157)

Rank in course/Men: 28 (of 136)

Best time in course: 1:00:28

Rank in category: 3(of 11)

Best time in the category: 1:16:20