



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Thoma, Manfred

Club: Lauffreunde Geba  
Number: 445

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:21:53

Speed: 13.19 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 32 (of 157)

Rank in course/Men: 32 (of 136)

Best time in course: 1:00:28

Rank in category: 4(of 11)

Best time in the category: 1:16:20