



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Krause, Uwe

Club: Alach
Number: 458

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:23:08

Speed: 12.99 km/h
Running performance: 4:29 min/km

Rank in course/Total: 38 (of 157)

Rank in course/Men: 38 (of 136)

Best time in course: 1:00:28

Rank in category: 8(of 27)

Best time in the category: 1:07:33