



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Rückert, Jonas

Club: Ilmenau - Roda
Number: 393

Course: 18.50 km
Lange Strecke

Category:
Männer M30

Total time: 1:24:25

Speed: 12.79 km/h
Running performance: 4:34 min/km

Rank in course/Total: 41 (of 157)

Rank in course/Men: 41 (of 136)

Best time in course: 1:00:28

Rank in category: 2(of 14)

Best time in the category: 1:13:21