



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmneau  
Number: 365

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:24:46

Speed: 12.74 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 44 (of 157)

Rank in course/Men: 44 (of 136)

Best time in course: 1:00:28

Rank in category: 9(of 27)

Best time in the category: 1:07:33