



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Amm, Andreas**

Club: Gießübel  
Number: 381

Course: 18.50 km  
Lange Strecke

Category:  
männliche Jugend A

Total time: 1:27:47

Speed: 12.30 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 58 (of 157)

Rank in course/Men: 56 (of 136)

Best time in course: 1:00:28

Rank in category: 1(of 1)

Best time in the category: 1:27:47