



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Baumeyer, Frank

Club: Schleusingen

Number: 416

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:30:11

Speed: 11.98 km/h

Running performance: 4:52 min/km

Rank in course/Total: 64 (of 157)

Rank in course/Men: 62 (of 136)

Best time in course: 1:00:28

Rank in category: 13(of 27)

Best time in the category: 1:07:33