



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Ziemke, Ingo

Club: Dream-Team-Ilmenau
Number: 420

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:31:11

Speed: 11.84 km/h
Running performance: 4:56 min/km

Rank in course/Total: 72 (of 157)

Rank in course/Men: 69 (of 136)

Best time in course: 1:00:28

Rank in category: 14(of 27)

Best time in the category: 1:07:33