



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Sachs, Frank

Club: Dream-Team-Ilmenau  
Number: 301

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:32:36

Speed: 11.66 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 83 (of 157)

Rank in course/Men: 79 (of 136)

Best time in course: 1:00:28

Rank in category: 16(of 27)

Best time in the category: 1:07:33