



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Krämer, Sascha

Club: Ilmenau  
Number: 317

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:34:02

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 92 (of 157)

Rank in course/Men: 88 (of 136)

Best time in course: 1:00:28

Rank in category: 16(of 18)

Best time in the category: 1:00:28