



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Frießleben, Holger

Club: Rottenbach  
Number: 386

Course: 18.50 km  
Lange Strecke

Category:  
Männer M50

Total time: 1:36:33

Speed: 11.19 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 99 (of 157)

Rank in course/Men: 92 (of 136)

Best time in course: 1:00:28

Rank in category: 11(of 15)

Best time in the category: 1:21:27