



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 347

Course: 18.50 km
Lange Strecke

Category:
Männer M60

Total time: 1:37:46

Speed: 11.05 km/h
Running performance: 5:17 min/km

Rank in course/Total: 102 (of 157)

Rank in course/Men: 95 (of 136)

Best time in course: 1:00:28

Rank in category: 2(of 5)

Best time in the category: 1:36:32