



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Gunkel, Stefan

Club: Eisenach  
Number: 321

Course: 18.50 km  
Lange Strecke

Category:  
Männer M30

Total time: 1:38:10

Speed: 11.00 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 104 (of 157)

Rank in course/Men: 97 (of 136)

Best time in course: 1:00:28

Rank in category: 7(of 14)

Best time in the category: 1:13:21