



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Jakob, Philipp

Club: Martinroda
Number: 316

Course: 18.50 km
Lange Strecke

Category:
Männer M40

Total time: 1:38:42

Speed: 10.94 km/h
Running performance: 5:20 min/km

Rank in course/Total: 105 (of 157)

Rank in course/Men: 98 (of 136)

Best time in course: 1:00:28

Rank in category: 19(of 22)

Best time in the category: 1:15:32