



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Pölz, Andreas

Club: Nürnberg
Number: 344

Course: 18.50 km
Lange Strecke

Category:
Männer M30

Total time: 1:38:46

Speed: 11.24 km/h
Running performance: 5:20 min/km

Rank in course/Total: 106 (of 157)

Rank in course/Men: 99 (of 136)

Best time in course: 1:00:28

Rank in category: 8(of 14)

Best time in the category: 1:13:21