



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Dr.Riemer, Jan

Club: Kaiserslautern

Number: 383

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:39:05

Speed: 10.90 km/h

Running performance: 5:22 min/km

Rank in course/Total: 107 (of 157)

Rank in course/Men: 100 (of 136)

Best time in course: 1:00:28

Rank in category: 9(of 14)

Best time in the category: 1:13:21