



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Dr.Riemer, Manfred

Club: Erfurt  
Number: 384

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:39:24

Speed: 11.17 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 108 (of 157)

Rank in course/Men: 101 (of 136)

Best time in course: 1:00:28

Rank in category: 8(of 11)

Best time in the category: 1:16:20