



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Seever, Michael

Club: SG Motor Arnstadt  
Number: 427

Course: 18.50 km  
Lange Strecke

Category:  
Männer M60

Total time: 1:39:37

Speed: 10.84 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 109 (of 157)

Rank in course/Men: 102 (of 136)

Best time in course: 1:00:28

Rank in category: 3(of 5)

Best time in the category: 1:36:32