



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Amm, Axel

Club: Gießübel  
Number: 380

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:40:05

Speed: 10.79 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 112 (of 157)

Rank in course/Men: 105 (of 136)

Best time in course: 1:00:28

Rank in category: 20(of 22)

Best time in the category: 1:15:32