



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Fölsche, Volker

Club: WSV Ilmenau 1908
Number: 356

Course: 18.50 km
Lange Strecke

Category:
Männer M60

Total time: 1:40:16

Speed: 10.77 km/h
Running performance: 5:25 min/km

Rank in course/Total: 115 (of 157)

Rank in course/Men: 108 (of 136)

Best time in course: 1:00:28

Rank in category: 4(of 5)

Best time in the category: 1:36:32