



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Popp, Sebastian**

Club: Fulda  
Number: 392

Course: 18.50 km  
Lange Strecke

Category:  
Männer M30

Total time: 1:41:37

Speed: 10.92 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 121 (of 157)

Rank in course/Men: 113 (of 136)

Best time in course: 1:00:28

Rank in category: 11(of 14)

Best time in the category: 1:13:21