



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Grohall, Norbert

Club: sc impuls erfurt
Number: 447

Course: 18.50 km
Lange Strecke

Category:
Männer M55

Total time: 1:45:35

Speed: 10.23 km/h
Running performance: 5:43 min/km

Rank in course/Total: 128 (of 157)

Rank in course/Men: 118 (of 136)

Best time in course: 1:00:28

Rank in category: 10(of 11)

Best time in the category: 1:16:20