



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Albrecht, Arne

Club: GMRLV  
Number: 456

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:46:33

Speed: 10.14 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 130 (of 157)

Rank in course/Men: 119 (of 136)

Best time in course: 1:00:28

Rank in category: 21(of 27)

Best time in the category: 1:07:33