



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Lauterbach, Ulrich

Club: Erfurt
Number: 330

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:48:37

Speed: 9.94 km/h
Running performance: 5:52 min/km

Rank in course/Total: 137 (of 157)

Rank in course/Men: 125 (of 136)

Best time in course: 1:00:28

Rank in category: 24(of 27)

Best time in the category: 1:07:33