



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Kowalski, Oswald

Club: Ilmenau
Number: 424

Course: 18.50 km
Lange Strecke

Category:
Männer M55

Total time: 1:53:55

Speed: 9.48 km/h
Running performance: 6:10 min/km

Rank in course/Total: 144 (of 157)

Rank in course/Men: 129 (of 136)

Best time in course: 1:00:28

Rank in category: 11(of 11)

Best time in the category: 1:16:20