



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Deinhard, Jens-Uwe

Club: Laufburschen Ilmenau
Number: 374

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:55:22

Speed: 9.36 km/h
Running performance: 6:14 min/km

Rank in course/Total: 147 (of 157)

Rank in course/Men: 131 (of 136)

Best time in course: 1:00:28

Rank in category: 27(of 27)

Best time in the category: 1:07:33