



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Dr. Mantei, Sebastian**

Club: Magdeburg  
Number: 382

Course: 18.50 km  
Lange Strecke

Category:  
Männer M35

Total time: 1:55:58

Speed: 9.31 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 149 (of 157)

Rank in course/Men: 132 (of 136)

Best time in course: 1:00:28

Rank in category: 17(of 17)

Best time in the category: 1:10:34