



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Nickel, Mario

Club: LG Sangerhausen

Number: 119

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 45:43

Speed: 11.81 km/h

Running performance: 4:55 min/km

Rank in course/Total: 107 (of 286)

Rank in course/Men: 98 (of 209)

Best time in course: 31:06

Rank in category: 16(of 27)

Best time in the category: 31:57