



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Meyer, Heiko

Club: Martinroda

Number: 279

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 45:48

Speed: 11.79 km/h

Running performance: 4:55 min/km

Rank in course/Total: 108 (of 286)

Rank in course/Men: 99 (of 209)

Best time in course: 31:06

Rank in category: 15(of 35)

Best time in the category: 36:01