



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Griesbach, Thomas

Club: Rodelclub Ilmenau

Number: 40

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 48:39

Speed: 11.10 km/h

Running performance: 5:14 min/km

Rank in course/Total: 141 (of 286)

Rank in course/Men: 123 (of 209)

Best time in course: 31:06

Rank in category: 20(of 35)

Best time in the category: 36:01