



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Dudek, Harald

Club: LSV Lok Arnstadt

Number: 18

Course: 9.30 km

Kurze Strecke

Category:

Männer M60

Total time: 48:42

Speed: 11.09 km/h

Running performance: 5:14 min/km

Rank in course/Total: 142 (of 286)

Rank in course/Men: 124 (of 209)

Best time in course: 31:06

Rank in category: 10(of 19)

Best time in the category: 35:29