



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda eV

Number: 530

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 36:01

Speed: 14.99 km/h

Running performance: 3:52 min/km

Rank in course/Total: 17 (of 286)

Rank in course/Men: 16 (of 209)

Best time in course: 31:06

Rank in category: 1(of 35)

Best time in the category: 36:01