



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Strunk, Wolfgang

Club: GMRL

Number: 160

Course: 9.30 km

Kurze Strecke

Category:

Männer M60

Total time: 53:02

Speed: 10.18 km/h

Running performance: 5:42 min/km

Rank in course/Total: 205 (of 286)

Rank in course/Men: 168 (of 209)

Best time in course: 31:06

Rank in category: 13(of 19)

Best time in the category: 35:29