



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Fricke, Lars

Club: Worms

Number: 31

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 53:47

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 214 (of 286)

Rank in course/Men: 174 (of 209)

Best time in course: 31:06

Rank in category: 14(of 14)

Best time in the category: 34:44