



## 7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Bock, Thomas**

Club: Plaue

Number: 7

Course: 9.30 km

Kurze Strecke

Category:

Männer M55

Total time: 55:03

Speed: 9.81 km/h

Running performance: 5:55 min/km

Rank in course/Total: 231 (of 286)

Rank in course/Men: 186 (of 209)

Best time in course: 31:06

Rank in category: 16(of 18)

Best time in the category: 36:22