



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Nickel, Manfred

Club: LG Sangerhausen

Number: 120

Course: 9.30 km

Kurze Strecke

Category:

Männer M60

Total time: 58:59

Speed: 9.16 km/h

Running performance: 6:20 min/km

Rank in course/Total: 259 (of 286)

Rank in course/Men: 200 (of 209)

Best time in course: 31:06

Rank in category: 18(of 19)

Best time in the category: 35:29