



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Anneessens, Frank

Club: Manebach

Number: 302

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 1:00:30

Speed: 8.93 km/h

Running performance: 6:31 min/km

Rank in course/Total: 267 (of 286)

Rank in course/Men: 204 (of 209)

Best time in course: 31:06

Rank in category: 35(of 35)

Best time in the category: 36:01