



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Steindorf, Karl-Heinz

Club: Erfurt

Number: 157

Course: 9.30 km

Kurze Strecke

Category:

Männer M70

Total time: 1:06:30

Speed: 8.12 km/h

Running performance: 7:09 min/km

Rank in course/Total: 282 (of 286)

Rank in course/Men: 208 (of 209)

Best time in course: 31:06

Rank in category: 6(of 6)

Best time in the category: 40:40