



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Föt, Sören

Club: Sportteam - STEINBACH Meiningen

Number: 423

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:09:17

Speed: 15.59 km/h

Running performance: 3:45 min/km

Rank in course/Total: 8 (of 158)

Rank in course/Men: 8 (of 137)

Best time in course: 1:05:08

Rank in category: 4(of 23)

Best time in the category: 1:05:35