



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

Krone, Jörg

Club: Sportteam Steinbach

Number: 354

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:10:36

Speed: 15.30 km/h

Running performance: 3:49 min/km

Rank in course/Total: 13 (of 158)

Rank in course/Men: 13 (of 137)

Best time in course: 1:05:08

Rank in category: 2(of 27)

Best time in the category: 1:05:52