



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Herzer, Stefan**

Club: WSV Ilmenau-Alpin

Number: 447

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:12:22

Speed: 14.92 km/h

Running performance: 3:55 min/km

Rank in course/Total: 16 (of 158)

Rank in course/Men: 16 (of 137)

Best time in course: 1:05:08

Rank in category: 6(of 23)

Best time in the category: 1:05:35