



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Zelle, Dennis**

Club: Dream-Team Ilmenau

Number: 398

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:12:49

Speed: 14.83 km/h

Running performance: 3:56 min/km

Rank in course/Total: 18 (of 158)

Rank in course/Men: 18 (of 137)

Best time in course: 1:05:08

Rank in category: 8(of 23)

Best time in the category: 1:05:35