



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Schrader, Bernd

Club: PSV Meiningen

Number: 380

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:13:15

Speed: 14.74 km/h

Running performance: 3:58 min/km

Rank in course/Total: 20 (of 158)

Rank in course/Men: 20 (of 137)

Best time in course: 1:05:08

Rank in category: 3(of 25)

Best time in the category: 1:05:08