



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Ahrndt, Jörg

Club: Frauenwald

Number: 443

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:14:48

Speed: 14.44 km/h

Running performance: 4:02 min/km

Rank in course/Total: 25 (of 158)

Rank in course/Men: 25 (of 137)

Best time in course: 1:05:08

Rank in category: 6(of 27)

Best time in the category: 1:05:52