



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Helmich, Robert

Club: SRL Sportclub Arnstadt

Number: 440

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:15:59

Speed: 14.61 km/h

Running performance: 4:07 min/km

Rank in course/Total: 30 (of 158)

Rank in course/Men: 30 (of 137)

Best time in course: 1:05:08

Rank in category: 10(of 23)

Best time in the category: 1:05:35