



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 384

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:21:00

Speed: 13.33 km/h

Running performance: 4:23 min/km

Rank in course/Total: 43 (of 158)

Rank in course/Men: 42 (of 137)

Best time in course: 1:05:08

Rank in category: 4(of 25)

Best time in the category: 1:05:08