



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Kühn, Jürgen

Club: SV Ilmtal

Number: 409

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:22:06

Speed: 13.15 km/h

Running performance: 4:26 min/km

Rank in course/Total: 46 (of 158)

Rank in course/Men: 44 (of 137)

Best time in course: 1:05:08

Rank in category: 5(of 25)

Best time in the category: 1:05:08