



## 7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Seever, Michael**

Club: SG Motor Arnstadt

Number: 383

Course: 18.50 km

Lange Strecke

Category:

Männer M60

Total time: 1:23:07

Speed: 12.99 km/h

Running performance: 4:29 min/km

Rank in course/Total: 51 (of 158)

Rank in course/Men: 49 (of 137)

Best time in course: 1:05:08

Rank in category: 1(of 6)

Best time in the category: 1:23:07