



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Schmidt, Gunnar

Club: Niederwillingen

Number: 376

Course: 18.50 km

Lange Strecke

Category:

Männer M35

Total time: 1:23:26

Speed: 12.94 km/h

Running performance: 4:31 min/km

Rank in course/Total: 53 (of 158)

Rank in course/Men: 51 (of 137)

Best time in course: 1:05:08

Rank in category: 8(of 16)

Best time in the category: 1:08:23