



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

Ungelenk, Bernd

Club: Wandersleben

Number: 457

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:26:57

Speed: 12.42 km/h

Running performance: 4:42 min/km

Rank in course/Total: 64 (of 158)

Rank in course/Men: 61 (of 137)

Best time in course: 1:05:08

Rank in category: 7(of 25)

Best time in the category: 1:05:08