



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Ahrndt, Nils

Club: LG Frauenwald

Number: 442

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:27:53

Speed: 12.29 km/h

Running performance: 4:45 min/km

Rank in course/Total: 66 (of 158)

Rank in course/Men: 63 (of 137)

Best time in course: 1:05:08

Rank in category: 19(of 27)

Best time in the category: 1:05:52