



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Sachs, Frank

Club: Dream Team Ilmenau

Number: 374

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:28:10

Speed: 12.25 km/h

Running performance: 4:46 min/km

Rank in course/Total: 68 (of 158)

Rank in course/Men: 65 (of 137)

Best time in course: 1:05:08

Rank in category: 9(of 25)

Best time in the category: 1:05:08