



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Schmid, Jörg**

Club: Motor Arnstadt

Number: 465

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:29:01

Speed: 12.13 km/h

Running performance: 4:49 min/km

Rank in course/Total: 73 (of 158)

Rank in course/Men: 70 (of 137)

Best time in course: 1:05:08

Rank in category: 10(of 25)

Best time in the category: 1:05:08