



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

Hoffmann, Dr. Frank

Club: Debeka

Number: 314

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:29:26

Speed: 12.08 km/h

Running performance: 4:50 min/km

Rank in course/Total: 75 (of 158)

Rank in course/Men: 72 (of 137)

Best time in course: 1:05:08

Rank in category: 4(of 12)

Best time in the category: 1:19:10