



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

#### Balling, Wolfgang

Club: TSV Hollstadt

Number: 437

Course: 18.50 km

Lange Strecke

Category:

Männer M55

Total time: 1:31:24

Speed: 11.82 km/h

Running performance: 4:56 min/km

Rank in course/Total: 89 (of 158)

Rank in course/Men: 85 (of 137)

Best time in course: 1:05:08

Rank in category: 6(of 10)

Best time in the category: 1:22:17