



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Amarell, Ludwig

Club: GMRV

Number: 301

Course: 18.50 km

Lange Strecke

Category:

Männer M75

Total time: 1:31:43

Speed: 11.78 km/h

Running performance: 4:58 min/km

Rank in course/Total: 93 (of 158)

Rank in course/Men: 88 (of 137)

Best time in course: 1:05:08

Rank in category: 1(of 1)

Best time in the category: 1:31:43