



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Krause, Heiko

Club: LG Frauenwald

Number: 418

Course: 18.50 km

Lange Strecke

Category:

Männer M35

Total time: 1:32:02

Speed: 11.73 km/h

Running performance: 4:58 min/km

Rank in course/Total: 94 (of 158)

Rank in course/Men: 89 (of 137)

Best time in course: 1:05:08

Rank in category: 14(of 16)

Best time in the category: 1:08:23