



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Kirschbaum, Andeas**

Club: Mühlhausen

Number: 349

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:33:47

Speed: 11.52 km/h

Running performance: 5:04 min/km

Rank in course/Total: 102 (of 158)

Rank in course/Men: 96 (of 137)

Best time in course: 1:05:08

Rank in category: 17(of 25)

Best time in the category: 1:05:08