



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Günzel, Olaf**

Club: Road Runners Schalkau

Number: 338

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:34:30

Speed: 11.43 km/h

Running performance: 5:07 min/km

Rank in course/Total: 105 (of 158)

Rank in course/Men: 98 (of 137)

Best time in course: 1:05:08

Rank in category: 7(of 12)

Best time in the category: 1:19:10