



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Göring, Thomas

Club: Jena

Number: 43

Course: 9.30 km

Kurze Strecke

Category:

Männer M20

Total time: 39:50

Speed: 13.56 km/h

Running performance: 4:17 min/km

Rank in course/Total: 42 (of 286)

Rank in course/Men: 40 (of 209)

Best time in course: 31:06

Rank in category: 16(of 33)

Best time in the category: 31:06