



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Schmidt, Ingo

Club: TSV 1880 Elgersburg

Number: 378

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:35:33

Speed: 11.30 km/h

Running performance: 5:10 min/km

Rank in course/Total: 107 (of 158)

Rank in course/Men: 100 (of 137)

Best time in course: 1:05:08

Rank in category: 19(of 25)

Best time in the category: 1:05:08