



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Meier, René

Club: 1. SV Dienstedt-Hettstedt

Number: 454

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:36:14

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 111 (of 158)

Rank in course/Men: 103 (of 137)

Best time in course: 1:05:08

Rank in category: 20(of 25)

Best time in the category: 1:05:08