



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt

Number: 339

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:36:40

Speed: 11.17 km/h

Running performance: 5:14 min/km

Rank in course/Total: 113 (of 158)

Rank in course/Men: 105 (of 137)

Best time in course: 1:05:08

Rank in category: 8(of 12)

Best time in the category: 1:19:10