



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Stark, Ralf

Club: Arnstadt

Number: 470

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:36:52

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 115 (of 158)

Rank in course/Men: 106 (of 137)

Best time in course: 1:05:08

Rank in category: 21(of 25)

Best time in the category: 1:05:08