



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Rieß, Andreas

Club: Stadtilm

Number: 449

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:37:37

Speed: 11.06 km/h

Running performance: 5:17 min/km

Rank in course/Total: 119 (of 158)

Rank in course/Men: 110 (of 137)

Best time in course: 1:05:08

Rank in category: 9(of 12)

Best time in the category: 1:19:10