



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 353

Course: 18.50 km

Lange Strecke

Category:

Männer M60

Total time: 1:37:52

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 122 (of 158)

Rank in course/Men: 113 (of 137)

Best time in course: 1:05:08

Rank in category: 4(of 6)

Best time in the category: 1:23:07