



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Riemer, Dr. Jan

Club: Kaiserslautern

Number: 315

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:39:49

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 125 (of 158)

Rank in course/Men: 116 (of 137)

Best time in course: 1:05:08

Rank in category: 14(of 16)

Best time in the category: 1:07:34