



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Riemer, Dr. Manfred

Club: Erfurt
Number: 316

Course: 18.50 km
Lange Strecke

Category:
Männer M55

Total time: 1:39:53

Speed: 10.81 km/h
Running performance: 5:24 min/km

Rank in course/Total: 126 (of 158)

Rank in course/Men: 117 (of 137)

Best time in course: 1:05:08

Rank in category: 8(of 10)

Best time in the category: 1:22:17