



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Naedler, Christoph

Club: Allianz Dresdner Sport Frankfurt

Number: 365

Course: 18.50 km

Lange Strecke

Category:

Männer M55

Total time: 1:42:33

Speed: 10.53 km/h

Running performance: 5:32 min/km

Rank in course/Total: 132 (of 158)

Rank in course/Men: 122 (of 137)

Best time in course: 1:05:08

Rank in category: 9(of 10)

Best time in the category: 1:22:17