



## 7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Günzel, Marcel**

Club: Road Runners Schalkau

Number: 337

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:43:28

Speed: 10.44 km/h

Running performance: 5:35 min/km

Rank in course/Total: 135 (of 158)

Rank in course/Men: 124 (of 137)

Best time in course: 1:05:08

Rank in category: 19(of 23)

Best time in the category: 1:05:35