



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Hennig, Bernhard**

Club: SV Mihla

Number: 340

Course: 18.50 km

Lange Strecke

Category:

Männer M60

Total time: 1:43:40

Speed: 10.42 km/h

Running performance: 5:36 min/km

Rank in course/Total: 136 (of 158)

Rank in course/Men: 125 (of 137)

Best time in course: 1:05:08

Rank in category: 6(of 6)

Best time in the category: 1:23:07