



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 362

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:44:44

Speed: 10.31 km/h

Running performance: 5:40 min/km

Rank in course/Total: 140 (of 158)

Rank in course/Men: 128 (of 137)

Best time in course: 1:05:08

Rank in category: 23(of 25)

Best time in the category: 1:05:08