



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Müller, Marcus

Club: Ilmenau

Number: 363

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:45:25

Speed: 10.25 km/h

Running performance: 5:42 min/km

Rank in course/Total: 145 (of 158)

Rank in course/Men: 133 (of 137)

Best time in course: 1:05:08

Rank in category: 16(of 16)

Best time in the category: 1:07:34