



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Kühnpast, Frank**

Club: Saalfeld

Number: 86

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 42:38

Speed: 12.67 km/h

Running performance: 4:35 min/km

Rank in course/Total: 68 (of 286)

Rank in course/Men: 64 (of 209)

Best time in course: 31:06

Rank in category: 11(of 27)

Best time in the category: 31:57