



10.Ilmenauer Osterlauf \"Rund um die Talsperre Heyda\"

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Spantig, Thomas

Club: Kelkheim

Number: 407

Course: 13.20 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:34

Speed: 12.88 km/h

Running performance: 4:35 min/km

Rank in course/Total: 31 (of 201)

Rank in course/Men: 29 (of 165)

Best time in course: 48:37

Rank in category: 6(of 27)

Best time in the category: 55:26