



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

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Rehberg, Ingo

Club: Team Kondi - Uni Bayreuth

Number: 477

Course: 13.20 km

Lange Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:03:05

Speed: 12.36 km/h

Running performance: 4:47 min/km

Rank in course/Total: 46 (of 201)

Rank in course/Men: 44 (of 165)

Best time in course: 48:37

Rank in category: 1(of 9)

Best time in the category: 1:03:05