



10. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Dargel, Hagen

Club: Ilmenau

Number: 150

Course: 13.20 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:24:56

Speed: 9.18 km/h

Running performance: 6:26 min/km

Rank in course/Total: 181 (of 201)

Rank in course/Men: 157 (of 165)

Best time in course: 48:37

Rank in category: 19 (of 21)

Best time in the category: 1:00:24