



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

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Kowalski, Oswald

Total time: 1:29:33

Number: 586

Speed: 8.71 km/h

Running performance: 6:47 min/km

Course: 13.20 km

Rank in course/Total: 192 (of 201)

Lange Strecke

Rank in course/Men: 163 (of 165)

Best time in course: 48:37

Category:

Rank in category: 9(of 9)

Senioren M55 (55-59 Jahre)

Best time in the category: 1:03:05