



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Hirt, Daniel

Club: SVS Sömmerda

Number: 480

Course: 18.50 km

Lange Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:07:46

Speed: 15.94 km/h

Running performance: 3:40 min/km

Rank in course/Total: 3 (of 157)

Rank in course/Men: 3 (of 138)

Best time in course: 1:04:36

Rank in category: 1(of 13)

Best time in the category: 1:07:46