



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

Ilmenau, Ortsteil Heyda / 19.04.2014

## Detailed evaluation

**Schmidt, Uwe**

Club: GMRLV

Number: 419

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:16:55

Speed: 14.04 km/h

Running performance: 4:10 min/km

Rank in course/Total: 16 (of 157)

Rank in course/Men: 15 (of 138)

Best time in course: 1:04:36

Rank in category: 3(of 25)

Best time in the category: 1:13:13