



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Kurtz, Ralf

Club: Easy Fun

Number: 470

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:22:17

Speed: 13.13 km/h

Running performance: 4:27 min/km

Rank in course/Total: 33 (of 157)

Rank in course/Men: 32 (of 138)

Best time in course: 1:04:36

Rank in category: 9(of 25)

Best time in the category: 1:13:13