



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Schmidt, Jan

Club: TC Suhl

Number: 417

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:22:59

Speed: 13.01 km/h

Running performance: 4:29 min/km

Rank in course/Total: 37 (of 157)

Rank in course/Men: 36 (of 138)

Best time in course: 1:04:36

Rank in category: 4(of 14)

Best time in the category: 1:14:25