



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Kretzschmar, Manfred

Club: Ichnershausen

Number: 495

Course: 18.50 km

Lange Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:23:38

Speed: 12.91 km/h

Running performance: 4:31 min/km

Rank in course/Total: 44 (of 157)

Rank in course/Men: 43 (of 138)

Best time in course: 1:04:36

Rank in category: 1(of 7)

Best time in the category: 1:23:38