



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

Ilmenau, Ortsteil Heyda / 19.04.2014

## Detailed evaluation

**Lehner, Daniel**

Club: LG Bamberg

Number: 448

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:26:53

Speed: 12.43 km/h

Running performance: 4:42 min/km

Rank in course/Total: 56 (of 157)

Rank in course/Men: 53 (of 138)

Best time in course: 1:04:36

Rank in category: 6(of 14)

Best time in the category: 1:14:25