



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Günzel, Olaf

Club: Roadrunners Schalkau

Number: 377

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:29:23

Speed: 12.08 km/h

Running performance: 4:50 min/km

Rank in course/Total: 68 (of 157)

Rank in course/Men: 64 (of 138)

Best time in course: 1:04:36

Rank in category: 9(of 21)

Best time in the category: 1:18:56