



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

Ilmenau, Ortsteil Heyda / 19.04.2014

## Detailed evaluation

**Schmidt, Mike**

Club: Tonna

Number: 418

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:32:07

Speed: 11.72 km/h

Running performance: 4:59 min/km

Rank in course/Total: 79 (of 157)

Rank in course/Men: 74 (of 138)

Best time in course: 1:04:36

Rank in category: 8(of 14)

Best time in the category: 1:14:25