



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

Ilmenau, Ortsteil Heyda / 19.04.2014

## Detailed evaluation

Grosch, Hartmut

Club: Team Nutrilite

Number: 486

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:33:50

Speed: 11.51 km/h

Running performance: 5:04 min/km

Rank in course/Total: 83 (of 157)

Rank in course/Men: 78 (of 138)

Best time in course: 1:04:36

Rank in category: 2(of 12)

Best time in the category: 1:31:36