



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Dalbert, Frank

Club: Chaosteam-RSL

Number: 361

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:39:50

Speed: 10.82 km/h

Running performance: 5:24 min/km

Rank in course/Total: 112 (of 157)

Rank in course/Men: 105 (of 138)

Best time in course: 1:04:36

Rank in category: 18(of 25)

Best time in the category: 1:13:13