



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Berwing, Dieter

Club: SV TU-Ilmenau

Number: 355

Course: 18.50 km

Lange Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:43

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 125 (of 157)

Rank in course/Men: 116 (of 138)

Best time in course: 1:04:36

Rank in category: 18(of 21)

Best time in the category: 1:18:56