



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Roghmans, Joerg

Club: Bamberg

Number: 450

Course: 18.50 km

Lange Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:47

Speed: 9.58 km/h

Running performance: 6:06 min/km

Rank in course/Total: 144 (of 157)

Rank in course/Men: 130 (of 138)

Best time in course: 1:04:36

Rank in category: 23(of 25)

Best time in the category: 1:13:13