



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Schoft, Detlef

Club: Erfurt
Number: 267

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:56:20

Speed: 9.28 km/h
Running performance: 6:17 min/km

Rank in course/Total: 148 (of 157)

Rank in course/Men: 133 (of 138)

Best time in course: 1:04:36

Rank in category: 25(of 25)

Best time in the category: 1:13:13