



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Herold, Günter

Club: FSV Bad Königshofen

Number: 950

Course: 9.30 km

Kurze Strecke

Category:

Männer M55

Total time: 47:15

Speed: 11.43 km/h

Running performance: 5:05 min/km

Rank in course/Total: 100 (of 244)

Rank in course/Men: 86 (of 171)

Best time in course: 32:46

Rank in category: 7(of 14)

Best time in the category: 35:47