



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Knabe, Ingo**

Club: Martinroda

Number: 797

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 47:30

Speed: 11.37 km/h

Running performance: 5:07 min/km

Rank in course/Total: 101 (of 244)

Rank in course/Men: 87 (of 171)

Best time in course: 32:46

Rank in category: 15(of 27)

Best time in the category: 34:04