



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau

Number: 899

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 47:35

Speed: 11.35 km/h

Running performance: 5:07 min/km

Rank in course/Total: 104 (of 244)

Rank in course/Men: 90 (of 171)

Best time in course: 32:46

Rank in category: 13(of 19)

Best time in the category: 38:36