



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt

Number: 745

Course: 9.30 km

Kurze Strecke

Category:

Männer M70

Total time: 47:53

Speed: 11.28 km/h

Running performance: 5:09 min/km

Rank in course/Total: 111 (of 244)

Rank in course/Men: 96 (of 171)

Best time in course: 32:46

Rank in category: 3(of 8)

Best time in the category: 41:21