



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Rüdiger, David

Club: LSV Lok Arnstadt

Number: 753

Course: 9.30 km

Kurze Strecke

Category:

männliche Jugend A

Total time: 49:19

Speed: 10.95 km/h

Running performance: 5:18 min/km

Rank in course/Total: 122 (of 244)

Rank in course/Men: 101 (of 171)

Best time in course: 32:46

Rank in category: 2(of 5)

Best time in the category: 45:18