



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Pfannschmidt, Kai

Club: USV Jena

Number: 815

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 49:48

Speed: 10.84 km/h

Running performance: 5:21 min/km

Rank in course/Total: 127 (of 244)

Rank in course/Men: 104 (of 171)

Best time in course: 32:46

Rank in category: 19(of 27)

Best time in the category: 34:04